



Panasonic

MICRO & BROWNER

OPERATING INSTRUCTIONS

& COOKERY BOOK

For Model: NN-K304/K354

Standard Conversion Chart

Weight			Capacity		
½oz	–	15g	½tsp	–	3ml
1oz	–	25g	1tsp	–	5ml
2oz	–	50g	1tbsp	–	15ml
3oz	–	75g	¼pt	–	150ml
4oz	–	100g	½pt	–	300ml
5oz	–	150g	¾pt	–	450ml
6oz	–	175g	1pt	–	600ml
7oz	–	200g	1¾pt	–	1litre
8oz	–	225g			
9oz	–	250g			
10oz	–	275g			
11oz	–	300g			
12oz	–	350g			
13oz	–	375g			
14oz	–	400g			
15oz	–	425g			
1lb/16oz	–	450g			

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

Important

Your oven is rated 800 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. Take care also when using packet instructions on convenience foods. ALWAYS check the progress of the food as it cooks or reheats by simply pressing the door OPEN button and after checking the progress of the food, press START to restart the cooking time.

Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.

Acknowledgements:

Photography: Sue Atkinson, Arc Studios, Windsor.
 Film Making and
 Origination: Deltaset Ltd.
 Printed by: Mid Wales Litho Ltd.

Microwaving with Panasonic

Microwaving is still a relatively new method of cooking and so even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking. The cooking times are short because microwaves quickly convert energy into heat in the food – because of this read carefully the section of **General Guidelines** and **Containers to Use**.

The Home Economists at the Test Kitchen have carefully selected recipes in each chapter to give you a basis on which to convert your own favourites.

Should you require any further help or explanation, phone our **COOKERY ADVICE LINE: 0344 862108** or write to:

The Microwave Test Kitchen
Panasonic Consumer Electronics U.K.
Willoughby Road
Bracknell
Berks
RG12 8FP

When writing, be sure to state your model number and daytime telephone number.

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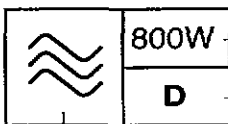
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Operating Instructions

Pages 2-9 of this cookbook are Operating Instructions. These must be read prior to operating the machine. Failure to read these instructions could result in damage to your oven.

HEATING CATEGORY

Your oven is Heating Category **D** and is displayed on the front of your door. The information on this label will assist you in using new Instructions on food packs to enable you to give the best heating time in your oven.



Microwave symbol

The IEC (705) power output (watts)

The heating category for small packs of food

At our busy Test Kitchen in Bracknell, all the ovens are especially programmed for the UK market and the recipes are tested many times to ensure you achieve successful results every time.



The serial number of this product may be found on the rear of the oven. You should note the model number and the serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

Model No. _____
 Serial No. _____
 Date of Purchase _____

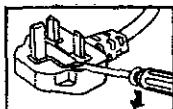
For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark  or the BSI mark  on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug (i.e. Red or Orange).

HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.



IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown below. If in any doubt, please consult a qualified electrician. (For U.K. Models only)

WARNING: THIS APPLIANCE MUST BE EARTHED.

IMPORTANT: The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow:

Blue:

Brown:

Earth

Neutral

Live

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol  or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

Voltage & Power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

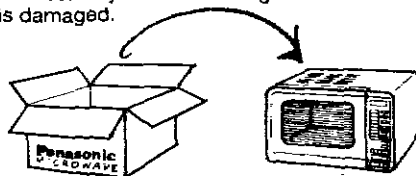
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

Unpacking your oven

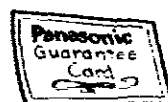
1. Examine Your Oven

Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.



2. Guarantee Card

Fill out and post the pre-addressed guarantee card.



3. Cord

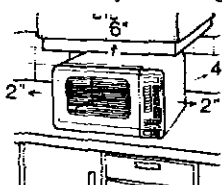
If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

N.B. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

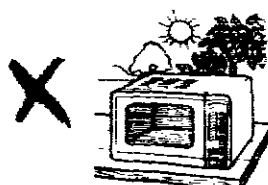
Placement of your oven

Placement of Oven

- Oven must be placed on a flat, stable surface. For proper operation, the oven must have sufficient air flow, i.e. 5cm/2" at the side; 15cm/6" clear over the top; 10cm/4" at the rear.
- Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.



- Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven on top of the top vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
- Do not use outdoors.



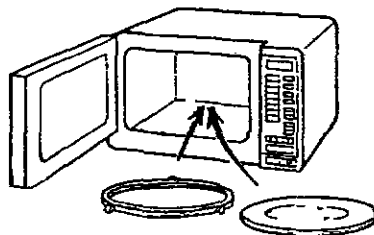
Before Using Your Oven

1. Before Use

Before using COMBINATION or GRILL function for the first time operate the oven without food on GRILL 1 for 5 mins. This will allow the oil that is used for rust protection to be burned off.

DO NOT OPERATE THE OVEN EMPTY.

The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.



2. Storage of Accessories

Do not store any objects other than oven accessories inside the oven incase it is accidentally turned on. Incase of electronic failure, oven can only be turned off at wall socket.

Caution: Hot Surfaces!

1. Hot Surfaces

Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the COMBINATION and GRILL functions the roof and walls will be very hot.

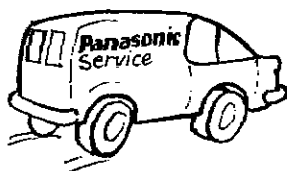


2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.

Maintenance of your oven

1. Service

WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (0344 - 853584 Service Administration). It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service. Do not attempt to remove the outer casing of the oven.

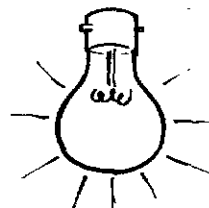


2. Door Seals

Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

3. Oven Light

The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.



Important Information – Read Carefully

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

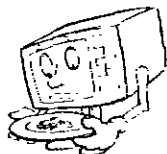
Important.

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

1. Small quantities of food.

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

NB. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.



NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.

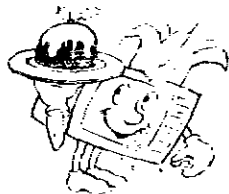
2. Foods low in moisture.

Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



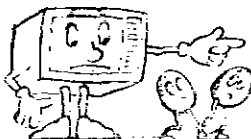
3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.



4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



5. Foods with Skins.

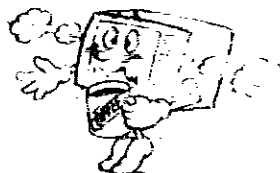
Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



6. Liquids.

When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.



7. Lids.

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

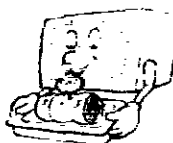
8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.



9. Meat Thermometer.

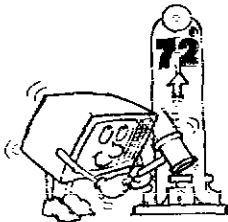
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



Important Information – Read Carefully

10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur. Do not use re-cycled paper products, eg Kitchen roll unless they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.



11. Reheating.

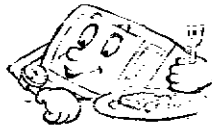
It is essential that reheated food is served " piping hot ". Remove the food from the oven and check that it is " piping hot ", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer

– but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

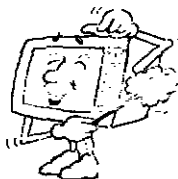
12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 14 for details.



13. Keeping Your Oven Clean.

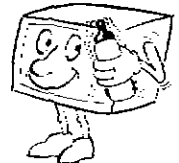
It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any



grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.

14. Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.



15. Grilling.

The oven will only operate on the GRILL function with the door closed.

16. Fan Motor Operation.

After using COMBINATION AND GRILLING the fan motor rotates for about 1 minute to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this minute. After using Microwave over 10 minutes, fan motor rotates for 1 minute.

17. Containers

Before use check that utensils/containers are suitable for use in microwave ovens.

For your ADDITIONAL SAFETY this oven has been programmed with CHILD LOCK and DEMONSTRATION MODE.

Child Lock

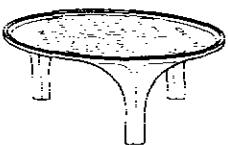
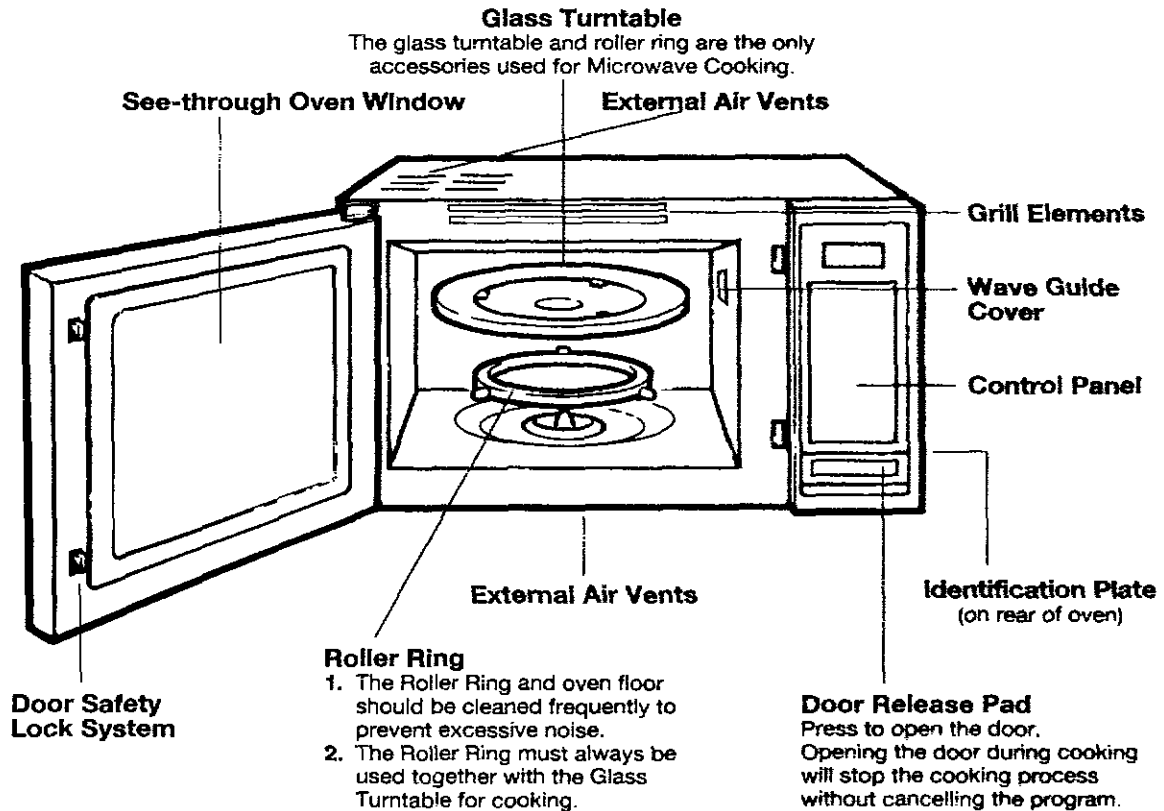
To operate the CHILD LOCK facility press the start pad three times. This will deactivate the microwave and grill. A ★ will then appear and remain in the display if any pad is pressed. To clear the CHILD LOCK facility press Stop/Cancel three times.

Demonstration Mode

This mode is to enable you to experiment setting various programs without activating the microwave or grill. To select this mode press the Clock pad three times. The letter D will always appear in the display window. To cancel the DEMO MODE press the Clock pad another three times. The display will revert to the time of day.

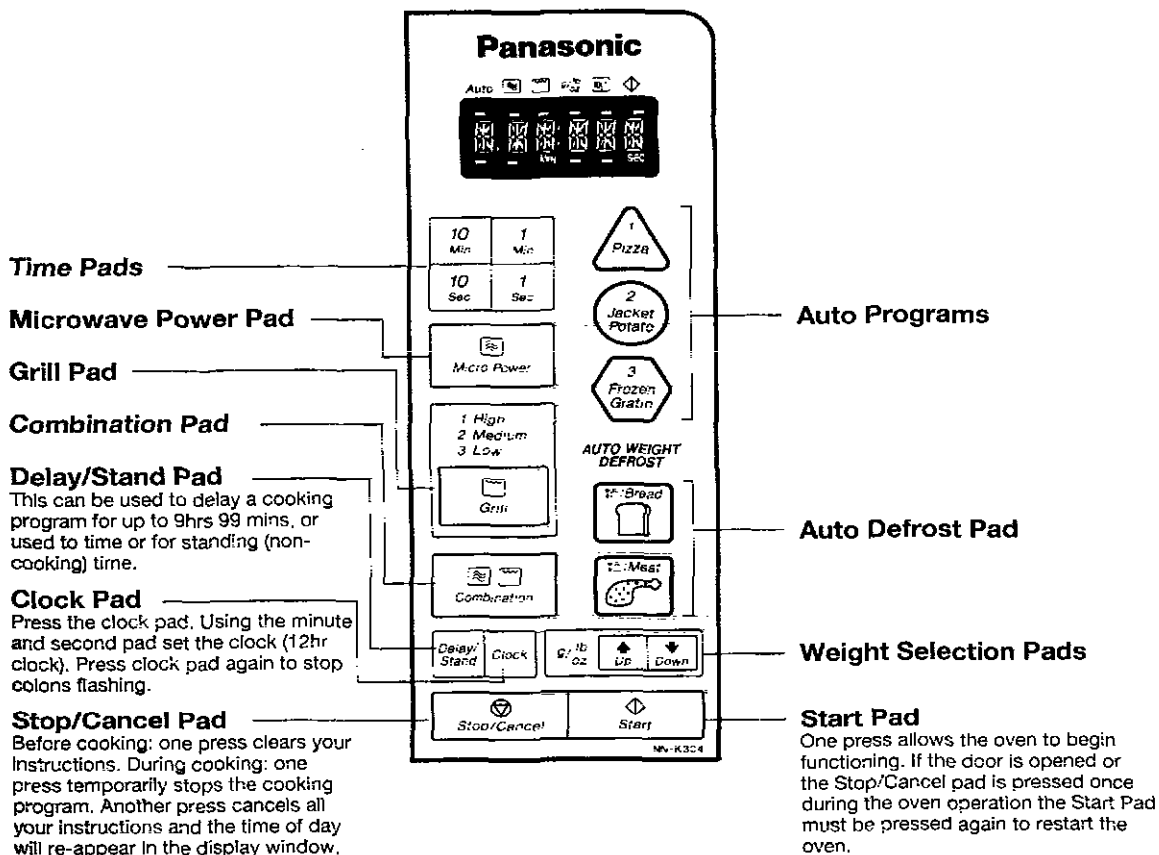
Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensil on Glass Turntable touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal. Open oven door, reposition the food and Restart.
6. The Glass Turntable can rotate in either direction.
7. While cooking by MICROWAVE or COMBINATION, Turntable may vibrate. This will not affect cooking performance.
8. The metal Grill Accessory provided must ONLY be used as directed for Grilling and Combination cooking. Never use this on microwave only. Do not use if operating the oven with less than 200g (7oz) of food on a manual or Auto Combination program. **FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.**
9. Arcing may occur if the incorrect weight of food is used, the Grill Accessory has been damaged, or a metal container has been used accidentally. If this occurs, stop the machine immediately, and continue to cook by GRILL ONLY.
10. Always refer to instructions for correct accessories to use on all programs (page 20). The glass turntable and roller ring are the only accessories used for Microwave Cooking.



Grill Accessory

Control Panel – NN-K304/K354



Care Of Your Microwave Oven

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. After GRILL or COMBINATION cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded spray oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid all plastic areas of the oven, wave guide cover and door area.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated in colder weather conditions and in no way indicates a malfunction of the unit.
7. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water.
8. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
9. When GRILLING or cooking by COMBINATION some foods may splatter grease onto the oven walls. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.

Controls and Operation Procedure

KG/LB CONVERSION:

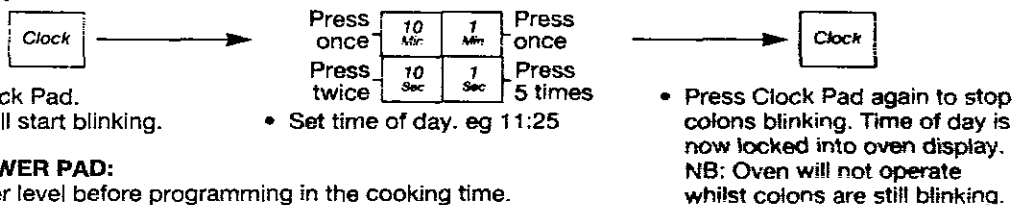
When using the Auto Weight Defrost and Auto Program features, the oven automatically displays the weight in grams. If you wish to use the lb/oz to enter your weight in Imperial, press START pad directly after plugging in the oven but before setting the clock.

CLOCK PAD:

It is a 12 hour clock, ie. set 2:00 pm as 2:00 NOT 14:00.

When oven is first plugged in, "88:88G" will appear in the display window.

To set clock



MICRO POWER PAD:

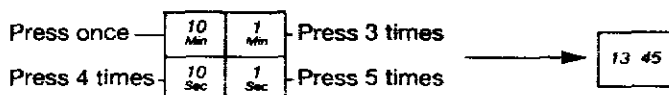
Select power level before programming in the cooking time.

Press 1 x for **HIGH**, 2 x for **DEFROST**, 3 x for **MEDIUM**, 4 x for **SIMMER**.

TIME PADS

The Pads can be programmed up to 99 minutes and 99 seconds.

Example: To set 13 minutes 45 seconds



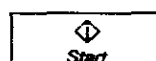
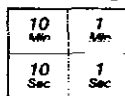
Microwave Cooking

One Stage Cooking:

Select Power Level

Select cooking time

Press Start



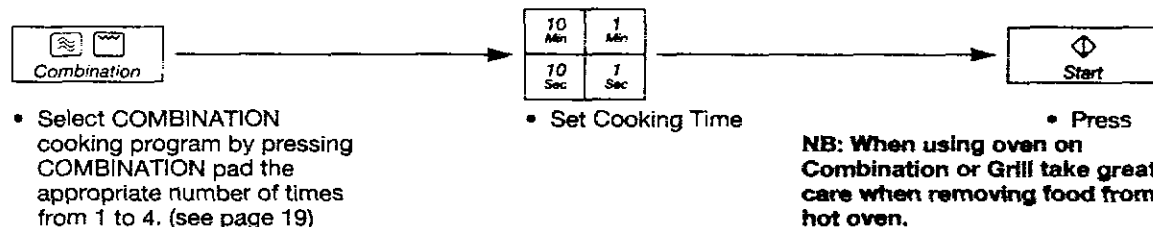
Two Stage Cooking:

eg. High Power 10 minutes followed by Simmer power 20 minutes;
Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

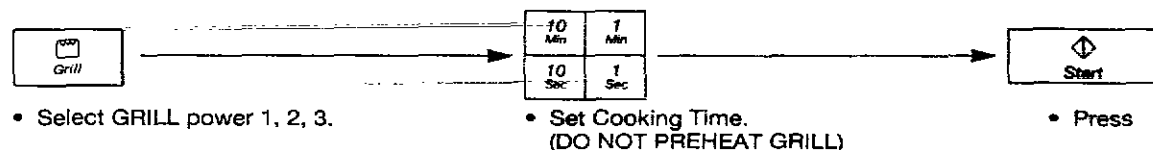
Three Stage Cooking:

eg. High Power 5 minutes, Delay 5 minutes, High power 2 minutes;
Select first power level and cooking time, then press DELAY pad and select DELAY time, then select final power level and final cooking time. Then press Start

Combination Cooking

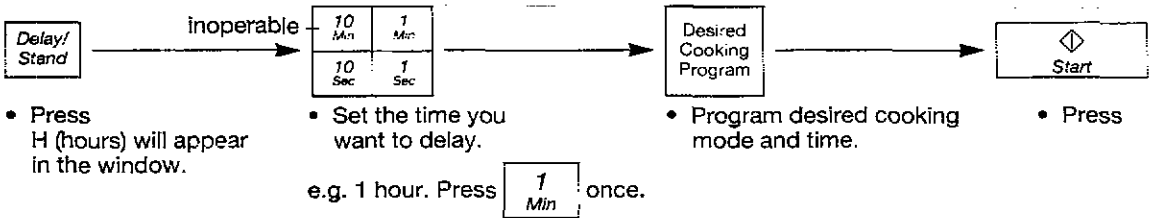


Grilling



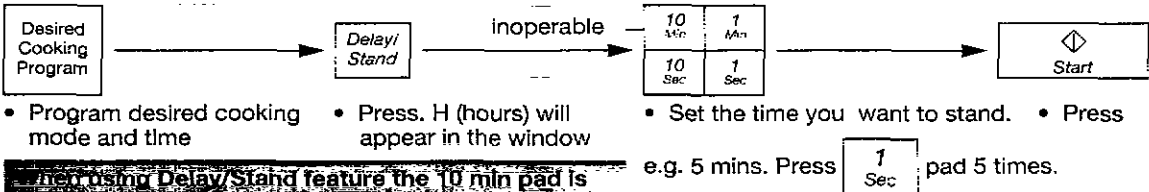
Delay Start

This feature allows you to program a Delay Start. The time pads operate as HOUR pads and MINUTE pads on this feature. It is not possible to Delay Start an AUTO PROGRAM.



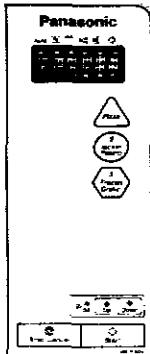
Stand Time

This feature allows you to program a Stand Time after cooking is completed and to program the oven as a minute timer. The time pads operate as HOUR pads and MINUTE pads on this feature.

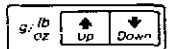


When using Delay/Stand feature the 10 min pad is inoperable the 1 min pad becomes the hour pad and the 10 sec & 1 sec pads become the minute pads

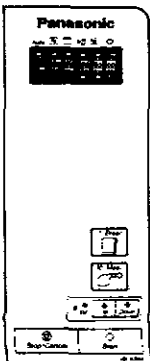
Auto Programs



- Select desired program**
(See page 20 for minimum and maximum weights and accessories.)
These are combination programs, i.e. the food is cooked using the microwave and the grill.
- Set Weight**
Press the and the window will display the minimum weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 100g or 1oz increments.
- Press Start**



Auto Weight Defrost



- Select desired program**
(See page 16 for minimum and maximum weights.)
- Set Weight**
Press the and the window will display the minimum weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 100g or 1oz increments.
Please note that on the bread program the weight changes in 10g or 1oz increments.
- Press Start**



N.B. Remember to stir or turn the food during defrosting

Containers to Use on Microwave

Apart from measuring ingredients and selecting the correct cooking power and time, the container you choose to microwave your food in is the most important factor that decides success or failure.

ALWAYS USE THE CORRECT SIZED CONTAINER RECOMMENDED IN THE RECIPE.

Although new microwave accessories are constantly being introduced, many dishes already in your kitchen cupboard are ideal for cooking and reheating by microwave.

The golden rule is **NEVER** use a dish made of metal or that has a metal pattern or trim – if you do so, you might damage your oven or ruin your dish, since the metal patterns will lift off during cooking.

Testing Dishes for Suitability

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.

3. Heat on **HIGH** power for 1 minute.



RESULT

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset style dishes, which should not be used as they are cast iron covered with enamel.

Quick Check Guide to Cooking Utensils



OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

CHINA AND CERAMIC

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal.

Fine bone china should only be used for reheating for **short** periods, otherwise the change in temperature may crack the dish or craze the finish.

Do not use dishes with a metal rim or pattern.

Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven.

Small items in shallow foil containers can be **RE-HEATED** in the microwave, but take care that containers do not touch the oven walls or door.

Use wooden kebab sticks instead of metal skewers.

DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.





TIN FOIL

Small amounts of smooth tin foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.

PAPER

Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use.

Do not use waxed or plastic coated cups or plates as the finish may melt in the oven.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering.

White paper plates can be used for SHORT RE-HEATING TIMES.

CLING FILM

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.

WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.

PLASTIC

There are many plastic containers designed for microwave use.

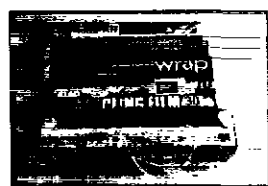
Only use Tupperware containers if they are designed for microwave use.

Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches.

Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic.

Never cook in cream or margarine cartons or yoghurt pots, as these will melt with the heat from the food.

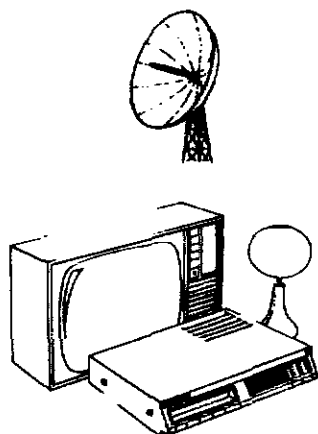
Many plastics that are not heatproof for cooking are suitable for defrosting.



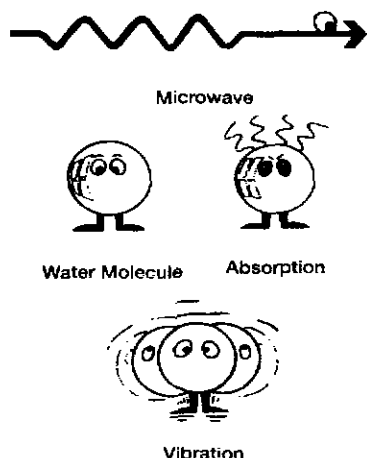
Microwaving Principles

Microwave energy has been used in this country to cook and heat since early experiments with RADAR. Microwaves themselves are in fact present in the atmosphere all the time – both naturally and from manmade sources.

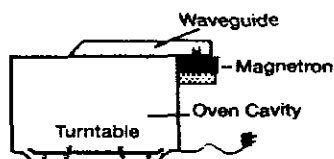
Manmade microwaves include radar, radio and television waves, telecommunications links and car phones. If you follow our basic recommendations and keep your oven clean, then it will be completely safe.



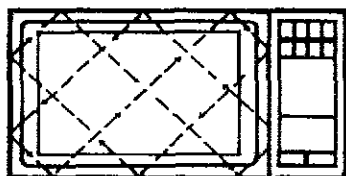
Many years ago it was discovered that one of the effects of microwaves is to make water molecules VIBRATE very quickly. Because all foods contain water to a greater or lesser extent, they can quickly be heated by the friction caused by this vibration.



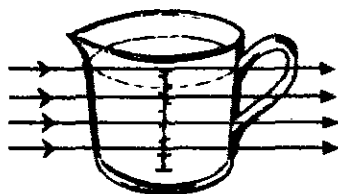
Your microwave oven converts electricity into microwaves in the magnetron.



Microwaves are REFLECTED off metal, so they bounce off the walls and the metal door screen, back onto the food.



They contain no heat themselves and pass through the cooking container i.e. are transmitted, to be ABSORBED by the water molecules, as well as sugar and fat particles in the food.



Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

When a microwave oven is switched off, the food will continue to cook by this conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals.

The dish used to cook or reheat the food will get warm during

cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE.

Foods Not Suitable for Cooking by Microwave

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either, however shallow fried foods can be cooked in a browning dish, available from major department stores. Always follow manufacturers' instructions carefully when preheating the dish (remember your oven is 800Watts (IEC) on HIGH power).

Boiled Eggs

Do not boil eggs in your microwave.

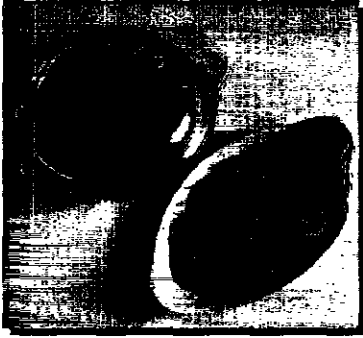
Raw eggs boiled in their shells can explode.

Cleaning

The interior should be kept clean at all times. Stubborn spots can be removed with a branded oven spray on a soft cloth.

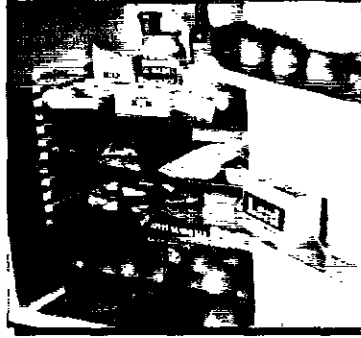
The door surround is a plastic based substance and is best kept clean with soapy water. DO NOT USE ANY TYPE OF OVEN CLEANER ON THE DOOR. The door seal area must be kept clean at all times to ensure microwaves are not attracted to this area and to avoid damage to the door screen film. The turntable can be cleaned with hot soapy water. Wash the roller ring regularly in soapy water.

General Guidelines



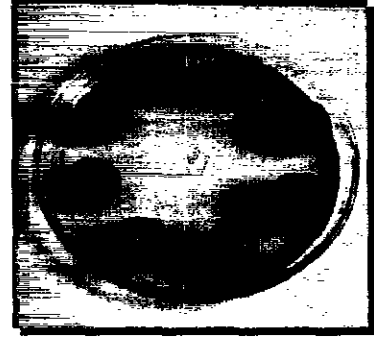
COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



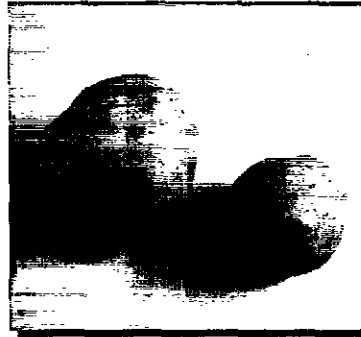
SPACING

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



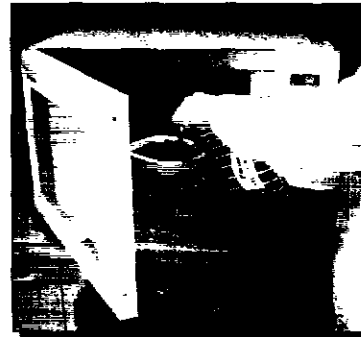
ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



LIQUIDS

All liquids must be stirred **before** and **during** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled.



CHECKING FOOD

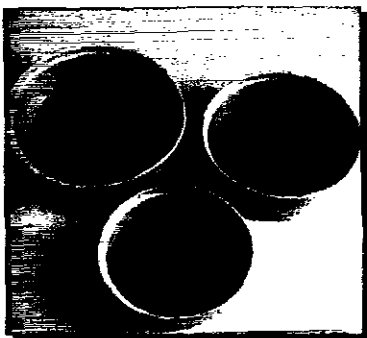
It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.

General Guidelines



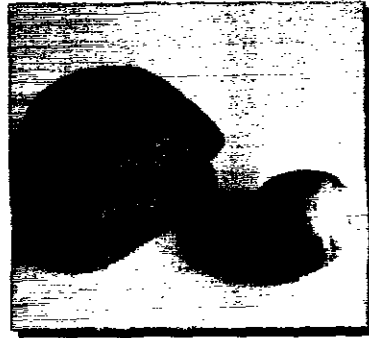
DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



DENSITY

Porous airy foods heat more quickly than dense heavy foods.

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

MEAT JOINTS – Stand 15 mins. wrapped in tin foil.

JACKET POTATOES – Stand 5 mins. wrapped in tin foil.

LIGHT CAKES – Stand 5 mins. before removing from dish.

RICH DENSE CAKES – Stand 15-20 mins.

FISH – Stand 2-5 mins.



If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

EGG DISHES – Stand 2-3 mins.

PRECOOKED CONVENIENCE FOODS – Stand for 5 mins.

PLATED MEALS – Stand for 2-5 mins.

VEGETABLES – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.

DEFROSTING – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. **Do not cover on Combination.**

Selecting Micro Power Levels



There are 4 different Micro Power Levels available on your oven – one of them being Cyclic Defrost.

Select the micro power level you require by pressing the micro power pad the appropriate number of times as shown in the chart below, program in the desired cooking time, then press START.

DISPLAY	MICRO POWER LEVEL	No. OF PRESSES ON PAD	WATTAGE (IEC)	USE
HIGH	HIGH	1	800	Reheating meals and sauces, cooking fish, vegetables, sauces, preserves.
DEF	DEFROST (cyclic)	2	270	Defrosting frozen foods
MED	MEDIUM	3	560	Roasting, egg sauces, heating milk, cooking sponge cakes
SIM	SIMMER	4	240	Cooking stews and casseroles, rice puddings, rich fruit cakes, egg custards.

Multi-Stage Cooking

For some recipes e.g. soups and casseroles, it is necessary to use different power levels. Your oven has a 3 stage memory, i.e. you can program up to 3 different instructions and the oven will switch automatically from power to power after the appropriate time has elapsed e.g. Christmas Pudding:

Stage 1: HIGH power for 4 mins.

Stage 2: STAND for 5 mins.

Stage 3: HIGH power for 2 mins.

Defrosting Guidelines

The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook.

For this reason Panasonic have made the defrosting on your oven CYCLIC DEFROST, which means you just select DEFROST power and set the required time. The oven then divides this time into 8 stages.

These stages alternate between defrosting (total of 4) and standing (total of 4).

During the standing stages there is no microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost and for small items the usual stand time can be eliminated.

It is essential that food is checked during DEFROSTING even on Auto Defrost as different foods vary in their defrosting speed.

After defrosting, joints of meat and whole chickens should **STAND** for a minimum of 1 hour before cooking.

Food to be defrosted should be in a suitable microwave safe container and placed uncovered on the glass turntable.

Tips for Defrosting



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

Auto Weight Defrost

This feature allows you to defrost joints of meat, fish, mince, chops and bread automatically once you have entered in the weight of the food.

The weight can be entered in lbs and ozs or grams. Refer to the operating instructions on page 8 to convert the machine into imperial or metric weights.

The oven will select the correct defrosting time for the foods. It is not necessary for foods to be covered during defrosting but they should be placed on a microwave rack or in a suitable dish.

During the defrosting process the oven will beep to remind you to check the food i.e. turn, shield or break the food apart.

There are two categories, Bread and Meat.

Bread

The **Bread Program** is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned half way during defrosting. **THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS** e.g. cheesecake.

Meat (to include fish/mince/chops/joints)

Meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent over defrosting on the outside edges. Smooth tin foil secured with cocktail sticks

should be used. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Back fat of joints, legs, wings and breast bones need shielding. Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

THIS PROGRAM IS NOT SUITABLE FOR SAUSAGES BUT THESE CAN BE DEFROSTED MANUALLY

Fish and chops should be arranged in a single layer whenever possible and turned frequently.

Category	Weight	
	Min	Max
Bread	30g (1oz)	500g (1lb 2oz)
Meat	100g (4oz)	1.6kg (3lb 8oz)

Defrosting Common Foods

Select Defrost Power then the approximate time given below.

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. It is not essential to cover food during defrosting.

Food	Qty	Weight	Time to Select (approx)
*BACON			
Rashers	10	525g	9 mins.
Steaks	2	225g	7 mins.
BEEFBURGERS	4	465g	7 mins.
BEEF			
*Mince	-	450g	10 mins.
*Stewing Steak, cubed	-	450g	12 mins.
#Joints	-	450g	16 mins. per 450g
BREAD			
*Large Loaf, sliced	1	800g	8 mins.
Small Loaf	1	400g	5 mins.
Slice	1	30g	30 secs.
Rolls	4	200g	2 mins.
Croissants	4	200g	3 mins.
BUTTER	-	250g	2 mins.
CAKES			
Cheesecake	1	425g	5 mins.
Gateau, small	1	375g	3-4 mins.
Scones	4	250g	3 mins.
CASSEROLE	4	1.6kg	40-50 mins.
CHEESE	-	450g	3 mins.
CHICKEN			
#Drumsticks	-	450g	18-20 mins.
#Whole	-	450g	13 mins. per 450g
#Portions	4	1kg	23 mins.
#Poussin	1	380g	10 mins.
CREAM			
Sticks	6	150g	4-5 mins.
#DUCK, Whole	1	450g	18 mins. per 450g
FISH			
*Fillet	4	450g	12 mins.
*Prawns	-	200g	7 mins.
*Steaks	2	365g	10 mins.
#Whole	2	340g	9 mins.
*FRUIT, Soft	-	227g	5-6 mins.
LAMB			
*Chops	4	450g	8 mins.
#Joints	-	450g	15 mins. per 450g
LARD	-	500g	3 mins.

Food	Qty	Weight	Time to Select (approx)
MARGARINE	-	250g	2 mins.
APPLE PIES	1	25g	50 secs.
	4	100g	1 min.
	6	150g	1 min. 30 secs.
PLATED MEALS - HOMEMADE			
Medium size	1	370g	5 mins.
*OFFAL	-	275g	6 mins.
*ORANGE JUICE - CONCENTRATED		190ml	4 mins.
PASTRY			
Filo	-	300g	2 mins.
Puff	-	370g	4 mins.
Shortcrust	-	370g	4 mins.
PIES			
Cooked Fruit	1	375g	10 mins.
Cooked Meat	1	520g	15 mins.
PORK			
*Diced	-	450g	12 mins.
Joints	-	450g	16 mins. per 450g
*Chops	4	450g	10-12 mins.
QUICHE			
Slice	1	65g	3-4 mins.
Whole	1	360g	11 mins.
*SAUSAGES	8	450g	12 mins.
*SAUSAGEMEAT	-	454g	11 mins.
*SOUP	1 litre	Use HIGH Power	10 mins.
#TURKEY	-	450g	17 mins. per 450g
CONVENIENCE FOODS			
Lasagne	-	400g	6-7 mins.
Pizza	1	385g	5 mins.
*Sausage roll (cooked)		300g	Use DEFROST power 6 mins.

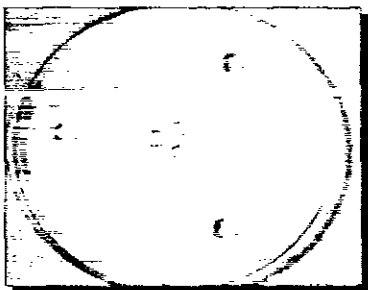
NOTES

* Stir or separate these foods as soon as possible during defrosting.

Shield these foods on extreme edges and ends.

Oven Accessories to Use

Microwave



When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case

of Jacket Potatoes cooked by MICROWAVE only or Auto Program Jacket Potatoes.

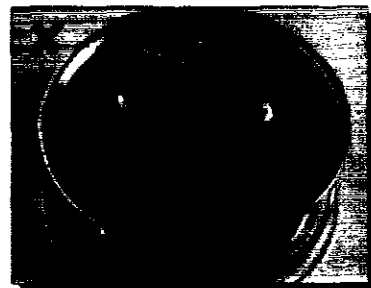
Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

Combination



Why can I use the Grill Accessory on Combination?

The metal grill accessory is designed to be used for **Combination** and Grilling. Never attempt to use any other metal item except the one provided with the oven. Place a heatproof dish eg. Pyrex, underneath to catch any fat and drips.



Use the grill accessory only as described and ensure you DO NOT use if operating the oven with less than 200g (7oz) of food on a manual Program. For small quantities do not cook by **Combination**, cook by GRILL or MICROWAVE ONLY for best results.

Some foods should be cooked without using the grill accessory i.e. roasts, pies and puddings. The food should be placed in a heatproof non-metallic dish and placed directly onto the turntable.

CAUTION:

The GRILL accessory must always be used with the glass turntable in position.

Remove the GRILL accessory from the oven by holding the GRILL accessory and ceramic dish firmly. Use oven gloves when removing accessories. The oven roof will be **very hot**.



Arcing may occur if the incorrect weight of food is used, the GRILL accessory has been damaged, or a metal container has been used accidentally. If this occurs, stop the machine immediately.

General Guidelines for Combination Cooking



The Micro and Browner oven offers 4 **Combination** programs, which cover the various GRILL and MICROWAVE settings.

Do not preheat the grill on **Combination**.

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the grill gives traditional browning and crisping.

Do not operate the oven with less than 200g (7oz) food on **Combination** if the grill accessory is being used.

FOODS NOT SUITABLE FOR COMBINATION COOKING

Batter mixtures, e.g. Yorkshires, Choux pastry, Toad in the Hole

Cakes

Egg White mixtures e.g. souffles, meringues

Frozen pastry items, e.g. sausage rolls

Raw double layer pastry pies (some single topped shortcrust pastry pies can be cooked)

The foods above should be cooked in a conventional oven.

Press the Combination pad 1, 2, 3 or 4 times to select the Combination of your choice. Set the cooking time and press START.			
Combination Program	Number of Presses on Combination Pad	Grill	Micro Power
1	1	High	Simmer
2	2	Medium	Low
3	3	Low	Medium
4	4	Warm	High

CONTAINERS TO USE

DO NOT use plastic MICROWAVE containers on Combination Programs. Dishes must be able to withstand the heat of the top grill – heatproof glass e.g. Pyrex or ceramic are ideal.

DO NOT use your own metal dishes or tins, as the microwaves will not penetrate the food evenly.

For home-made savoury recipes e.g. Cottage Pie, Lasagne, place in heatproof dish and place dish directly on the turntable. Supermarket convenience savoury dishes in **shallow** foil dishes may be used with care on **Combination** (not suitable to be used on Auto Program – Frozen Gratin). Take care that they do not touch the oven walls or door. DO NOT use if they are crushed or damaged in any way, as arcing may occur and NEVER place on the grill accessory.

COVERING

NEVER cover food when cooking on a **Combination** program.

CAUTION: The covering will melt or crack and could ignite.

CAUTION:

Take care to use oven gloves when removing dishes from the oven – especially when turning or stirring foods as the oven walls and roof will be very hot.

Auto Programs

Guidelines for Use

The AUTO PROGRAMS are designed to take the guesswork out of cooking or reheating your favourite foods. The oven automatically sets the correct MICROWAVE power, GRILL setting and the cooking time.

1. AUTO PROGRAMS use COMBINATION, (Microwave Power & Grill)
2. AUTO PROGRAMS must only be used for foods described below.

3. DO NOT operate the oven on any program without food inside, this may be dangerous and could damage your oven.
4. Only cook foods within the weight ranges described below.
5. Only use accessories as indicated below.
6. DO NOT cover food when using a Combination Program as this will impede the food browning and the grill will melt any plastic covering.

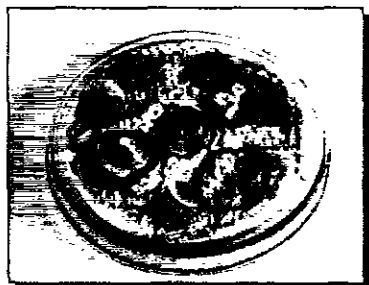
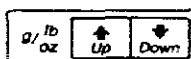
7. Most foods benefit from a **STANDING** time after cooking on an AUTO PROGRAM to allow heat to continue conducting to the centre.
8. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
9. For some foods cooked by COMBINATION, the base will be soft and not crisp e.g. Pizza.

To Operate Auto Weight Programs

1. Select program by pressing pad e.g. pizza



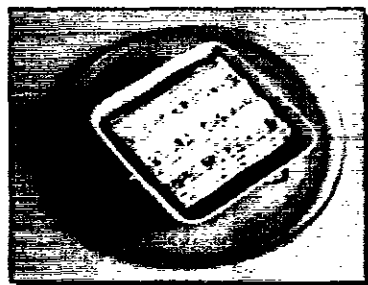
2. Enter weight of food using arrows on weight pad.
3. PRESS START pad.



For reheating and browning the top of **FRESH** (NOT frozen) purchased pizza. Remove all packaging and place on a heatproof dish on turntable. Select Program, enter weight and press **START**
 Minimum Weight 200g (8oz)
 Maximum Weight 500g (1lb 2oz)

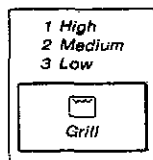


To cook jacket potatoes with a crisper, drier skin, choose medium sized potatoes 175g-225g (6-8oz) maximum. Wash and dry potatoes and prick with a fork several times. Place directly onto turntable. Select Program, enter total weight and press **START**. Turn during cooking if necessary.
 Minimum Weight 100g (4oz)
 Maximum Weight 1.2kg (2lb 10oz)



For reheating and browning the top of a ready prepared (**FROZEN**) Gratin dish eg. lasagne, macaroni cheese, cannelloni, fish mornay etc. Transfer to non metallic heatproof dish and place on turntable. **DO NOT COVER**. Select program, enter weight and press **START**.
 Minimum Weight 300g (11oz)
 Maximum Weight 600g (1lb 5oz)

Grilling



There are 3 GRILL settings: High, Medium and Low.

Most meat items e.g. bacon, sausages, chops can be cooked on the hottest GRILL 1 setting.

GRILL 2 and 3 settings are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.

TO USE

Press the GRILL pad 1, 2 or 3 times to select the appropriate setting. Program in the desired cooking time, close the door and then press start. It is not possible to use the GRILL function with the oven door open.

DO NOT attempt to preheat the GRILL.

There is no microwave power on the GRILL only program.

The GRILL will glow on and off during cooking – this is normal. Always clean the oven after using the GRILL and before using microwave or **Combination**.

Never cover foods when grilling.

TURNING

Most foods require turning halfway during cooking. When turning food, open oven door and **CAREFULLY** remove GRILL accessory using oven gloves.

After turning, return food to the oven, close door and press

START. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.



CAUTION

The GRILL accessory must always be used with the glass turntable in position. Remove GRILL accessory from oven by holding the accessory and heatproof dish firmly. Use oven gloves when removing accessories. The oven roof and walls will be **very hot**.

Cooking and Reheating using Micro Power/Grill/Combination

The charts on pages 22-30 show you the best way to cook or reheat your favourite foods, either by Microwave, GRILL or **Combination**. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly

emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating by GRILL, Microwave or **Combination** present no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always *return to the oven for further reheating*.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Foods cooked or reheated by **Combination** which cannot be turned will have a soft base since there is no bottom heater in the oven.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
BABIES BOTTLES – CAUTION				
For 7-8 fl.oz of milk from fridge temperature, remove top and test. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY				
For 3 fl.oz of milk from fridge temperature, remove top and test. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY				
N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.				
BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base				
Croissants	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	Place on heatproof plate on turntable.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-5 mins.	Place on heatproof plate on turntable.
Rolls	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-4 mins.	Place on heatproof plate on turntable.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	4-6 mins.	Place on heatproof plate on turntable.
CANNED BEANS, RICE, PASTA				
Baked Beans	225g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	447g	HIGH	4 mins.	
Baked Beans & Sausages	450g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Ravioli in sauce	215g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	400g	HIGH	4 mins.	
Rice	277g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Space Invaders	425g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Spaghetti Bolognese	210g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	430g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED MEAT				
Chilli Con Carne	410g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Hot Dogs (drained)	415g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Meat Balls	418g	HIGH	4 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Minced Beef & Onion	392g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Stewed Steak	405g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED SOUPS				
Cream of Mushroom	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Cream of Tomato	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Minestrone	300g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
CANNED PUDDINGS				
Creamed Rice	425g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	624g	HIGH	3 mins.	
Creamed Rice	822g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Custard	425g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Sponge Pudding	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED VEGETABLES – Drain where appropriate				
Carrots, whole	410g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Green Beans	410g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, whole	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, creamed	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Mushy	440g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
CANNED VEGETABLES – Drain where appropriate				
Peas, Garden	550g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Peas, Marrowfat	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Potatoes new	820g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Sweetcorn	198g	HIGH	1 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	340g	HIGH	2 mins.	
Tomatoes, whole	400g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Chick pea dhal	425g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
CHRISTMAS PUDDINGS				
Slice	150g	HIGH	30 secs.	Place in a heatproof dish on turntable. Cover.
Small	450g	HIGH	2 mins.	Place in a heatproof dish on turntable. Cover.
Medium	900g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Large	1.1kg	HIGH	3 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.
DRINKS – COFFEE				
1 mug	235ml	HIGH	2 mins.	Place in a heatproof mug on turntable. Stir, before, during and after reheating.
2 mugs	470ml	HIGH	3 mins. 30 secs.	
3 mugs	705ml	HIGH	4 mins. 30 secs.	
4 mugs	940ml	HIGH	6 mins.	
DRINKS – MILK				
1 mug	235ml	MED	2 mins.	Place in a heatproof mug on turntable.
1 jug	600ml	MED	4 mins. 30 secs.	Stir, before, during and after reheating.
HOMEMADE MEAT DISHES				
Casserole for 2	500g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Casserole for 4	1kg	HIGH	10 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 1	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 4	1kg	HIGH	8 mins.	Place in a heatproof dish on turntable. Cover.
Bolognese Sauce	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTA				
Cooked Spaghetti	100g	HIGH	1 min.	Place in a heatproof dish on turntable. Cover.
Macaroni Cheese	225g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base.				
Beef & Onion Pie	120g (1)	HIGH power	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	4-5 mins.	Place on heatproof plate on turntable. Do not cover.
	494g (4)	HIGH power	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	10-12 mins	Place on grill accessory on turntable. Turn halfway.
Chicken Pie	340g (1)	HIGH power	4-5 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	6 mins.	Place on heatproof plate on turntable. Do not cover.
Cornish Pastie	270g (1)	HIGH power	2-3 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	5-6 mins.	Place on heatproof plate on turntable. Do not cover.
	535g (2)	HIGH power	4-6 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	10-12 mins.	Place on heatproof plate on turntable. Do not cover.
Meat Pie	550g (1)	HIGH power	5-6 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	8-10 mins.	Place on heatproof plate on turntable. Do not cover.
Quiche	400g (1)	HIGH power	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	7-8 mins.	Place on heatproof plate on turntable. Do not cover.
Samosas	140g (4)	HIGH power	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
		or Combi 2	6-8 mins.	Place on grill accessory on turntable. Do not cover.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base.				
Sausage Roll	75g (1)	HIGH power or Combi 2	1 min. 4-6 mins.	Place in micro-safe dish on turntable. Do not cover. Place on heatproof plate on turntable. Do not cover.
Spring Roll	130g (2)	HIGH power or Combi 2	1 min. 4-6 mins.	Place in micro-safe dish on turntable. Do not cover. Place on grill accessory on turntable. Do not cover.
Xmas Mince Pies	90g (2)	HIGH power	10-20 secs	Place in micro-safe dish on turntable. Do not cover.
PLATED MEALS – HOMEMADE – CHILLED				
Child size	1	HIGH	3 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5 mins.	
Adult size	1	HIGH	4-5 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5-6 mins.	
PLATED MEALS – HOMEMADE – FROZEN				
Adult size	1	HIGH	7-8 mins.	Place on a heatproof plate on turntable. Cover.
PORRIDGE				
1 portion		HIGH	1 mins.	Use a large bowl on turntable. Stir during cooking.
4 portions		HIGH	5 mins.	Use a large bowl on turntable. Stir during cooking.
PUDDINGS AND DESSERTS				
Baked Apple – 1	175g	HIGH	30 secs.-1 min.	Place in a heatproof bowl on turntable. Cover.
Bread & Butter Pudding	340g	HIGH	2-3 mins.	Place in a heatproof bowl on turntable. Cover.
Fruit Crumble	200g	HIGH	1 min. 20 secs.	Place in a heatproof bowl on turntable. Do not cover.
	800g	HIGH	3-4 mins.	
Fruit Pie, small		HIGH	10-30 secs.	Place on a heatproof plate on turntable. Do not cover.
Fruit Pie, large	286g	HIGH	1 min. 20 secs.	Place on a heatproof plate on turntable. Do not cover.
Milk Pudding for 1		HIGH	50 secs.	Place in a heatproof bowl on turntable. Cover.
Milk Pudding for 4		HIGH	3 mins. 40 secs.	Place in a heatproof bowl on turntable. Cover.
Pancakes, filled	1	HIGH	45-60 secs.	Place in a heatproof bowl on turntable. Cover.
	2	HIGH	1 min. 30 secs.	
Rice Pudding	500g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
SWEETS AND DESERTS – N.B. Transfer food from foil container to a similar sized heatproof dish.				
Apple Pie	465g	HIGH	4 mins.	Place on turntable. Do not cover.
		or Combi 2	8-10 mins.	Place on turntable. Do not cover.
Fruit Crumble	400g	HIGH	4 mins.	Place on turntable. Do not cover.
		or Combi 2	4-6 mins.	Place on turntable. Do not cover.
Fruit Pie, individual	1	HIGH	10-15 secs.	Place on turntable. Do not cover.
		or Combi 2	2 mins.	Place on turntable. Do not cover.
	4	HIGH	30-35 secs.	Place on turntable. Do not cover.
		or Combi 2	3-4 mins.	Place on turntable. Do not cover.
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	454g	HIGH power	7 mins.	Place on turntable.
		or Combi 1	10 mins.	Place on turntable. Do not cover.
Cottage Pie	190g	HIGH power	3-4 mins.	Place on turntable.
		or Combi 3	10-15 mins.	Place on turntable. Do not cover.
	595g	HIGH power	6-8 mins.	Place on turntable.
		or Combi 3	18-20 mins.	Place on turntable. Do not cover.
Crisp Bakes	227g (2)	GRILL 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 1	8-10 mins.	Place on grill accessory on turntable. Turn halfway.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Filled Mushrooms	227g	GRILL 1	8-10 mins.	Place on grill accessory on turntable.
		or Combi 1	6-8 mins.	Place on grill accessory on turntable.
Hot & Spicy Wings	700g	HIGH power	6-7 mins.	Place on micro-safe plate or rack on turntable.
		or GRILL 1	12-15 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	15-18 mins.	Place on grill accessory on turntable. Turn halfway.
Lasagne	300g	HIGH power	5-6 mins.	Place on turntable.
		or Combi 3	20 mins.	Place on turntable. Do not cover.
Onion Bhajis, Pakora & Felfafel	200g (6)	HIGH power	1-2 mins.	Place on micro-safe plate on turntable.
		or GRILL 1	5-6 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	5-6 mins.	Place on grill accessory on turntable. Turn halfway.
Spare Ribs	250g	HIGH power	5 mins.	Place on micro-safe plate or rack on turntable.
		or GRILL 1	10 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Turkey Burgers	260g (2)	GRILL 1	10 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	8 mins.	Place on grill accessory on turntable. Turn halfway.
Vegetable Bake	454g	HIGH power	6-8 mins.	Place on turntable.
		or Combi 2	12-14 mins.	Place on turntable. Do not cover.
PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Breaded Mushrooms	300g	GRILL 1	12-14 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Crispy Pancakes	227g	GRILL 1	12-14 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 1	12-14 mins.	Place on grill accessory on turntable. Turn halfway.
Golden Drummers	340g (6)	GRILL 1	12-15 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Lasagne	330g	DEFROST power then HIGH power	8 mins. 8-9 mins.	Place on turntable.
		or Combi 2	20 mins.	
Onion Rings	250g	GRILL 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
		or Combi 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Plaice Momay	510g	DEFROST power then HIGH power	10 mins. 7-8 mins.	Place on turntable.
		or Combi 3	14-16 mins.	
Shepherd's Pie	460g	DEFROST power then HIGH power	10 mins. 6-8 mins.	Place on turntable.
		or Combi 3	18-20 mins.	
SAUCES				
Custard	300ml	HIGH	1 min. 30 secs.	Place in a large jug. Stir during cooking.
	600ml	HIGH	3 mins.	
Savoury Sauce	300ml	HIGH	2 mins.	Place in a large jug. Stir during cooking.
VEGETABLES				
Jacket Potato	250g	HIGH	1 min.	Place in a heatproof dish. Cover.
Green Vegetables	100g	HIGH	1 min. 30 secs.	Place in a heatproof dish. Cover.
	225g	HIGH	2 mins.	
Root Vegetables	100g	HIGH	1 min.	Place in a heatproof dish. Cover.
	225g	HIGH	1 min. 30 secs.	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
BREAD – Frozen				
Part-baked rolls	340g (6)	Combi 1	6-8	Place on heatproof plate on turntable.
Part-baked Garlic Baguette	325g (2)	Combi 1	6-8	Place on heatproof plate on turntable.
BACON – from raw				
Rashers	200g (8)	HIGH power or GRILL 1	4-6 or 45 secs. per rasher 8-10	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter. Place on grill accessory on turntable. Turn halfway.
Steaks	210g (4)	HIGH power or GRILL 1 or Combi 2	4-5 8 6-8	Place on micro-safe rack or plate on turntable. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
BEANS & PULSES – should be pre-soaked (except lentils)				
Black Eyed Beans	225g	HIGH power then SIMMER	10 25-30	Use 600ml (1pt) boiling water in a large bowl Cover.
Chick Peas	225g	HIGH power then SIMMER	10 40	Use 600ml (1pt) boiling water in a large bowl Cover.
Lentils	225g	MEDIUM power	10-15	Use 600ml (1pt) boiling water in a large bowl Cover.
Marrowfat Peas	225g	HIGH power then SIMMER	3 15-20	Use 600ml (1pt) boiling water in a large bowl Cover.
Red Kidney Beans	225g	HIGH power then SIMMER	15 40	Use 600ml (1pt) boiling water in a large bowl Cover. Must boil for at least 12 mins to destroy toxic enzymes
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 34.				
Medium Rare		MEDIUM power then Combi 1	11-14 per 450g (1lb) 5 mins ONLY	Place on upturned saucer in flan dish. Place on turntable. Turn joint over halfway during cooking. Drain off fat during cooking
BEEF – Steaks from raw – Caution: Hot fat! Remove grill accessory with care.				
Rump	350g (2)	MEDIUM power or GRILL 1 or Combi 2	6-8 14-15 8-10	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Sirloin	400g (2)	MEDIUM power or GRILL 1 or Combi 2	7-9 14-15 8-10	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care.				
	355g (6)	HIGH power or GRILL 1 or Combi 2	3-4 10-12 8-10	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care.				
	355g (6)	HIGH power or GRILL 1	6-8 14-16	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway.
CHICKEN from raw – CAUTION: Hot Fat! Remove grill accessory with care. For Guidelines see Meat Chapter page 34.				
Breasts, boneless	850g (4)	MEDIUM power or GRILL 1 or Combi 2	12-14 20-25 15-20	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Drumsticks	900g (8)	MEDIUM power or GRILL 1 or Combi 2	12-14 20-25 16-18	Place on micro-safe rack or plate on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines	
CHICKEN from raw – CAUTION: Hot Fat! Remove grill accessory with care. For Guidelines see Meat Chapter page 34.					
Quarters	860g (4)	MEDIUM power	20-25	Place on micro-safe rack or plate on turntable. Cover.	
		or GRILL 1	30	Place on heatproof dish on turntable.	
		or Combi 2	15-20	Place on grill accessory on turntable.	
Whole		MEDIUM power	9-10 per 450g (1lb)	Place on upturned saucer breast side down in flan dish. Place on turntable. Turn chicken over halfway. <i>Drain off fat during cooking.</i>	
		then Combi 1	5 mins. ONLY		
Chicken Kiev from raw	284g (2)	GRILL 1	12-14 mins.	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	15 mins.	Place on grill accessory on turntable. Turn halfway.	
EGGS – Poached.					
Water	45ml	HIGH power	40 secs	- Place in a small bowl and heat for 1st cooking time. - Add egg (size 3). - Pierce yolk and white. - Cover. - Cook for 2nd cooking time. - Then leave to stand for 1 min.	
Egg	1	MEDIUM power	30 secs		
Water	90ml	HIGH power	1		
Eggs	2	MEDIUM power	1		
Water	135ml	HIGH power	1m.30 secs.		
Eggs	3	MEDIUM power	1m.30 secs.		
Water	180ml	HIGH power	2		
Eggs	4	MEDIUM power	1m.50 secs.		
EGGS – Scrambled.					
1 Egg		HIGH power	30 secs	- Add 1 tbsp of milk for each egg used. - Beat eggs, milk and knob of butter together. - Cook for 1st cooking time then stir. - Cook for 2nd cooking time then stand for 1 min.	
		HIGH power	20 secs		
2 Eggs		HIGH power	50 secs		
		HIGH power	30 secs		
3 Eggs		HIGH power	1m.20 secs		
		HIGH power	30 secs		
FISH – FRESH from raw – For Guidelines see Fish Chapter page 32.					
Breaded Fillets	300g (2)	GRILL 1	12-14		Place on grill accessory on turntable. Turn halfway.
		or Combi 2	10-12	Place on grill accessory on turntable. Turn halfway.	
Cakes	200g (2)	GRILL 1	8-10	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	8-10	Place on grill accessory on turntable. Turn halfway.	
Fillets	450g (3)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.	
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.	
Goujons	200g	GRILL 1	6-8	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	6-8	Place on grill accessory on turntable. Turn halfway.	
Steaks	350g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.	
		or GRILL 2	10-12	Place on grill accessory on turntable. Turn halfway.	
Whole	280g (1)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.	
		or GRILL 2	12-14	Place on grill accessory on turntable. Turn halfway.	
FISH – FROZEN from raw – For Guidelines see Fish Chapter page 32.					
Breaded Fillets	300g (2)	GRILL 1	16-18	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	13-14	Place on grill accessory on turntable. Turn halfway.	
Cakes	400g (4)	GRILL 1	15-16	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	12-14	Place on grill accessory on turntable. Turn halfway.	
Fish Fingers	210g (8)	HIGH power	4-5	Place on micro-safe dish. Do not cover.	
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	8-10	Place on grill accessory on turntable. Turn halfway.	
Haddock Fillets	380g (4)	HIGH power	7	Place in micro-safe dish. Add 30ml of liquid. Cover.	
		GRILL 1	10-15	Place on grill accessory on turntable. Turn halfway.	
Scampi	255g	GRILL 1	10-12	Place on grill accessory on turntable. Turn halfway.	
		or Combi 1	8-10	Place on grill accessory on turntable. Turn halfway.	
Whole	450g (2)	HIGH power	10-12	Place in micro-safe dish. Add 30ml of liquid. Cover.	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish				
Apples – poached	450g	HIGH power	6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Apples – stewed	450g	HIGH power	5	Only half fill dish. Cover.
Peaches – poached	450g	HIGH power	4-5	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Pears – poached	450g	HIGH power	5-6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Plums – poached	450g	HIGH power	8	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Plums – stewed	450g	HIGH power	8-10	Add 30ml (2tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450g	HIGH power	5	Only half fill dish. Cover.
LAMB – from raw – CAUTION: Hot Fat! Remove grill accessory with care. For Guidelines see Meat Chapter page 34.				
Chops, cutlets	425g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	15-18	Place on grill accessory on turntable. Turn halfway.
		or Combi 2	14-16	Place on grill accessory on turntable. Turn halfway.
Chops, Loin	600g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	15-20	Place on grill accessory on turntable. Turn halfway.
		or Combi 1	10-12	Place on grill accessory on turntable. Turn halfway.
Joists		MEDIUM power then Combi 1	12-13 per 450g (1lb) 5 mins. ONLY	Place on upturned saucer in heatproof dish. Place dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
PASTA				
Twists	225g	HIGH power	8-10	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Macaroni	225g	HIGH power	10-12	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Spaghetti	225g	HIGH power	8	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Lasagne	225g	HIGH power	6-8	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Tortellini	225g	HIGH power	12	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Tagliatelli	225g	HIGH power	8-9	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Spaghetti (Quick Cook)	225g	HIGH power	5-7	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Pasta Shapes (Quick Cook)	225g	HIGH power	6-7	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
PASTRY – UNCOOKED				
Shortcrust Flan Case	23cm (9")	HIGH power	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.
		or Combi 1	4-5	Prick base of pastry and chill well. Do not cover. Place on turntable.
Voi-au-Vents	125g (6)	Combi 1	4-5	Brush with beaten egg. Place on heatproof plate on turntable.
PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base				
Chilli Beef	400g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	12-14	Place on heatproof dish on turntable. Do not cover.
		or Combi 1	10-15	Place on heatproof plate on turntable. Do not cover.
Deep Pan. Ham	475g	HIGH power	4-6	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	13-15	Place on heatproof plate on turntable. Do not cover.
		or Combi 1	10-15	Place on heatproof plate on turntable. Do not cover.
Selection	370g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	10-12	Place on heatproof plate on turntable. Do not cover.
		or Combi 1	8-10	Place on heatproof plate on turntable. Do not cover.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PIZZA – FROZEN – N.B. Remove all packaging. Pizzas will have a soft base.				
French Bread	320g (1)	GRILL 1 or Combi 1	13-15 6-8	Place on heatproof plate on turntable. Do not cover.
Pepperoni	420g	Combi 1	15-20	Place on heatproof plate on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove grill accessory with care. For Guidelines see Meat Chapter page 34.				
Chops	800g (4)	MEDIUM power or GRILL 1 or Combi 2	13-15 20-25 18-20	Place in micro-safe dish or rack on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Tenderloin	250g	MEDIUM power or GRILL 2 or Combi 2	5-7 20-25 10-15	Place in micro-safe dish or rack on turntable. Cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Joints		MEDIUM power then Combi 1	13-14 per 450g (1lb) 5 mins. ONLY	Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
Porridge – N.B. Use a large bowl.				
1 serving	$\frac{1}{2}$ cup of oats	MEDIUM power	2-2 $\frac{1}{2}$	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	MEDIUM power	4-5	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	MEDIUM power	8-9	Add 4 cups of water or milk. Stir halfway.
POTATO PRODUCTS part cooked – FRESH				
Croquettes	250g (6)	HIGH power or GRILL 1 or Combi 2	3-4 12-14 10-12	Place on micro-safe plate on turntable. Do not cover. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Stuffed Jackets	510g (4)	HIGH power or Combi 2	8-10 12-14	Place on micro-safe plate on turntable. Do not cover. Place on heatproof plate on turntable.
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300g	GRILL 1 or Combi 2	13-14 12-14	Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Hash Browns	300g (7)	GRILL 1 or Combi 1	15-18 10-12	Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Oven Chips & Associated Products	300g	GRILL 1 or Combi 1	14-15 8-10	Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
RICE				
Basmati	250g	MEDIUM power	10-12	Use 600ml (1pt) boiling water. Cover
Easycook White	250g	HIGH power	12-13	Use 600ml (1pt) boiling water. Cover
Easycook Brown	250g	HIGH power	15-17	Use 600ml (1pt) boiling water. Cover
Long Grain White	250g	MEDIUM power	14	Use 600ml (1pt) boiling water. Cover
Long Grain Brown	250g	MEDIUM power	20	Use 600ml (1pt) boiling water. Cover
Wild Rice & Brown Rice Mix	250g	MEDIUM power	18	Use 600ml (1pt) boiling water. Cover
RICE PUDDING – Use large bowl, cover. Stir halfway.				
Flaked Rice	50g	SIMMER power	20	Add 600ml (1pt) milk. 30ml sugar
Pudding Rice	50g	HIGH power then SIMMER	5 30	Add 450ml ($\frac{3}{4}$ pt) milk. 30ml sugar
Tapioca	50g	SIMMER power	30-35	Add 600ml (1pt) milk. 30ml sugar
SAUSAGES from raw – CAUTION: Hot Fat! Remove grill accessory with care.				
Chipolatas	227g (8)	HIGH power or GRILL 1 or Combi 1	3 8-12 6-8	Place on micro-safe plate or rack on turntable. Cover Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.
Thick	454g (8)	HIGH power or GRILL 1 or Combi 2	4-5 12-14 10-12	Place on micro-safe or rack on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway. Place on grill accessory on turntable. Turn halfway.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
FRESH VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450g	HIGH power	6-8	Add 90ml (6tbsp) water. Cover
Aubergine	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Broad Beans	450g	HIGH power	6	Add 90ml (6tbsp) water. Cover
Runner Beans	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
French Beans	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Beetroot	450g	MEDIUM power	12	Add 90ml (6tbsp) water. Cover
Broccoli	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Cabbage - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Carrots - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Carrots - baby	450g	HIGH power	9	Add 90ml (6tbsp) water. Cover
Cauliflower - florets	450g	HIGH power	9	Add 90ml (6tbsp) water. Cover
Celery	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Corn on the Cob	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Courgettes	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Leeks - sliced	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Leeks - whole	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Mange Tout	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Marrow - cubed	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Mushrooms	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Parsnips - sliced	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Peas	450g	HIGH power	4-6	Add 90ml (6tbsp) water. Cover
Potatoes - boiled	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Potatoes - par-boiled	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Potatoes - new whole	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Potatoes - to mash	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Potatoes - jacket (175g)	1	HIGH power	4	Wash and prick skins several times. Place directly on turntable. After cooking stand for 5 mins wrapped in foil. Or use Auto Program Jacket Potato, see page 20
	2	HIGH power	6	
	4	HIGH power	10	
Potatoes - jacket (225g)	1	HIGH power	5	Wash and prick skins several times. Place directly on turntable. After cooking stand for 5 mins wrapped in foil. Or use Auto Program Jacket Potato, see page 20
	2	HIGH power	8	
	4	HIGH power	13	
Spinach	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Spring Greens	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Swede - cubed	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Turnip	450g	HIGH power	11-12	Add 90ml (6tbsp) water. Cover
FROZEN VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450g	HIGH power	7-8	Add 30ml (2tbsp) water. Cover
Beans - broad	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Beans - green	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Beans - runner	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Broccoli	450g	HIGH power	9	Add 30ml (2tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	9-10	Add 30ml (2tbsp) water. Cover
Cabbage - shredded	450g	HIGH power	5-6	Add 30ml (2tbsp) water. Cover
Carrots - whole	450g	HIGH power	9	Add 30ml (2tbsp) water. Cover
Carrots - sliced	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Cauliflower	450g	HIGH power	10	Add 30ml (2tbsp) water. Cover
Mange Tout	450g	HIGH power	7-8	Add 30ml (2tbsp) water. Cover
Mixed Vegetables	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover
Peas	450g	HIGH power	6-7	Add 30ml (2tbsp) water. Cover
Spinach - nuggets	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Swede - diced	450g	HIGH power	10	Add 30ml (2tbsp) water. Cover
Sweetcorn	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover

Soups and Starters

Ingredients

15g (½oz) butter or margarine
1 small onion, peeled and finely
chopped
350g (12oz) carrots, peeled and sliced
2 sticks celery, chopped
½ litre (½pt) hot vegetable stock
1 small orange, grated rind and juice of
salt and pepper
30ml (2tbsp) chopped parsley

Ingredients

100g (4oz) onions, sliced
25g (1oz) butter
15g (½oz) flour
600ml (1pt) hot beef stock
salt and pepper
bay leaf
To serve:
French bread, lightly toasted
25g (1oz) grated cheese

Ingredients

1 onion, diced
15ml (1tbsp) oil
1 clove garlic, crushed
60ml (4 tbsp) tomato puree
150ml (¼pt) white wine or vermouth
5ml (1tsp) dried herbs
350g (12oz) button mushrooms
salt and pepper to taste

Ingredients

2 large tomatoes, scored around the
middle
15g (½oz) butter or margarine
½ small onion, finely chopped
¼ red pepper, diced
100g (4oz) can drained tuna
1 egg yolk
15ml (1tbsp) fresh breadcrumbs
15ml (1tbsp) fresh basil, chopped
salt and pepper
15ml (1tbsp) grated Parmesan cheese

Carrot & Celery Soup

Serves: 2

Dish: 3 litre (6pt) bowl

Calories Total: 216 kcals

Oven Accessory: glass turntable

Serving: 108 kcals

1. Place the butter and onion in bowl. Cover and cook on HIGH power for 3 mins, or until softened.
2. Stir in the carrots and celery. Cover and cook on HIGH power for 8–10 mins, or until vegetables are softened. Stir halfway during cooking.
3. Pour in the stock. Cover and cook on HIGH power for 5 mins, and then LOW power for 15 mins, or until the vegetables are tender.
4. Drain the vegetables and coarsely puree with a little of the stock, then return to the bowl with the remaining stock.
5. Add the orange rind and juice, season to taste. Cover and cook on HIGH power for 3–4 mins, or until piping hot. Serve garnished with chopped parsley.

French Onion Soup

Serves: 2

Dish: Casserole or bowl

Calories Total: 376 kcals

Oven Accessory: glass turntable +
grill accessory

Serving: 188 kcals

1. Place onions and butter in a dish, cover and cook on HIGH power for 3 mins, or until softened.
2. Stir in flour, gradually add the hot stock, stirring well. Season and add bay leaf. Re-cover and cook on HIGH power for 10–12 mins.
3. Remove bay leaf.
4. Place bread on grill accessory. Cook on GRILL 1 for 2 mins, until lightly toasted. Turn over and top with grated cheese. GRILL for another 2 mins, or until cheese melts.
5. Ladle soup into individual serving dishes and float a piece of French bread on the top of each serving.

Mushrooms a la Greque

Serves: 2

Dish: casserole

Calories Total: 344 kcals

Oven Accessory: glass turntable

Serving: 172 kcals

1. Cook the onion and oil in a dish on HIGH power for 2–3 mins, or until soft.
2. Stir in all other ingredients, cover and cook on HIGH power for 5 mins, or until mushrooms are tender. Serve hot or chilled.

Stuffed Tomatoes

Serves: 2

Dish: flan dish

Calories Total: 666 kcals

Oven Accessory: glass turntable

Serving: 333 kcals

1. Slice the tops from the tomatoes and scoop out centres. Turn upside down to drain.
2. Place the butter, onion and pepper in a small bowl. Cover and cook on HIGH power for 1–2 mins, or until softened.
3. Mix in the tuna, egg yolk, breadcrumbs, basil and seasoning.
4. Spoon the filling into the tomato cups and arrange in the flan dish. Sprinkle on the Parmesan. Cook on **Combination 2** for 8–10 mins, or until the tomatoes are tender. Allow to stand for 2 mins.

Fish

Fish cooks very well by micro-wave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

For fish with a strong odour, eliminate the smell after cooking by **SIMMERING** 600ml (1pt) of boiling water with 1 sliced lemon in a large bowl for 20 mins. Wipe out oven with a dry cloth.

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.



LIQUID

Fresh fish should always be sprinkled with 30ml (2tbsp) of lemon juice, white wine or water. When cooking **Frozen** fish, add liquid as above for even cooking. Do not sprinkle salt onto fish before cooking as this may make the fish dry.



NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

Ingredients

- 175g (6oz) potatoes
- 15g (½oz) butter
- 1 small onion, finely chopped
- 100g (4oz) can tuna, drained
- 1 egg, hardboiled, chopped
- 15ml (1tbsp) fresh parsley, chopped
- 5ml (1tsp) lemon juice
- salt and pepper
- 1 egg, beaten
- 100g (4oz) breadcrumbs

Tuna Fish Cakes

Serves: 4

Dish: grill accessory

Calories Total: 942 kcals

Oven Accessory: glass turntable

Serving: 471 kcals

1. Cook potatoes with 45ml (3tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 4 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on **Combination 2** for 12-14 mins. or until brown, turning halfway.

Ingredients

- 225g (8oz) smoked haddock
- 15ml (1tbsp) lemon juice
- 100g (4oz) can sweetcorn
- 2x175g (6oz) cooked jacket potatoes, sliced
- 1 quantity white sauce (page 43)
- 100g (4oz) grated cheese
- 25g (1oz) wholemeal breadcrumbs
- 25g (1oz) Red Leicester cheese, grated

Family Fish Pie

Serves: 2

Dish: large casserole

Calories Total: 1318 kcals

Oven Accessory: glass turntable

Serving: 659 kcals

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on **HIGH** power for 4 mins. or until it flakes easily.
2. Flake the fish and arrange in a serving dish. Add sweetcorn and place the sliced potatoes on top.
3. Add cheese to the sauce. Pour the cheese sauce over the potatoes. Sprinkle with breadcrumbs and remaining cheese.
4. Cook on **Combination 3** for 10-15 mins. or until crispy and piping hot.

Ingredients

25g (1oz) butter
1 clove garlic, crushed
1 small onion, finely chopped
15ml (1tbsp) plain flour
15ml (1tbsp) curry powder
grated rind and juice of ½ lemon
300ml (¼pt) hot fish stock
25g (1oz) sultanas
10ml (2tsp) tomato puree
30ml (2tbsp) sweet chutney
450g (1lb) haddock, skinned and
chopped
salt and pepper
75g (3oz) creamed coconut

Fish Curry

Serves: 2

Dish: casserole

Calories Total: 1400 kcals

Oven Accessory: glass turntable

Serving: 700 kcals

1. Melt the butter in the casserole dish on HIGH power for 30 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

Ingredients

100g (4oz) broccoli
100g (4oz) cauliflower
1 medium red pepper, diced
198g (7oz) can salmon, drained
25g (1oz) butter
30ml (2tbsp) plain flour
300ml (¼pt) milk
50g (2oz) grated tasty cheese
150ml (¼pt) cream (optional)
salt and pepper to taste
15g (½oz) butter
75g (3oz) fresh white breadcrumbs
15ml (1tbsp) chopped fresh parsley
pinch paprika

Salmon and Vegetable Mornay

Serves: 2

Dish: 20cm (8") round casserole dish

Calories Total: 1708 kcals

Oven Accessory: glass turntable

Serving: 854 kcals

1. Break broccoli and cauliflower into florets, add red pepper and 2tbsp water. Cover and cook on HIGH power for 4 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on HIGH power for approx. 20-30 secs. Stir in flour then milk. Cook on HIGH power for 2-3 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on HIGH power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination 2** for 10-15 mins. or until golden brown.

Ingredients

25g (1oz) butter
25g (1oz) plain flour
300ml (¼pt) milk
50g (2oz) Cheddar cheese, grated
salt and pepper
pinch grated nutmeg
225g (8oz) frozen spinach
2 smoked haddock fillets, skinned
25g (1oz) grated cheese
25g (1oz) breadcrumbs

Haddock & Spinach Florentine

Serves: 2

Dish: 18cm x 22cm (7" x 9") dish

Calories Total: 1886 kcals

Oven Accessory: glass turntable

Serving: 943 kcals

1. Mix together the butter, flour and milk in a large jug and cook uncovered on HIGH power for 3-4 mins. or until the sauce has thickened, whisking every minute.
2. Stir in half of the cheese and season well with salt, pepper and nutmeg. Place spinach in the dish and cook covered on HIGH power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on HIGH power for 4-5 mins or until the fish is cooked.
4. Pour the cheese sauce over the fish to cover it completely. Sprinkle the remaining cheese and breadcrumbs on top. Cook on **Combination 2** for 8-10 mins. or until piping hot.

Meat & Poultry

Guidelines

DEFROSTED JOINTS

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 30 mins.** before cooking to ensure the centre is fully defrosted.

FAT

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.

How to roast a joint by microwave

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an up-turned saucer and cover with cling film.



STANDING TIME

Meat and poultry require a **minimum of 15 mins.** **STANDING TIME** wrapped in tin foil after cooking by microwave. Roast meat is always easier to carve after **STANDING** and the meat will continue to cook during the **STAND TIME**.

BONE

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.

How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack to lift them out of their juices.



TURNING

Joints and poultry **should be turned over** halfway through cooking.

SHIELDING

Large joints may need shielding with pieces of smooth tin foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

How to roast a joint by Combination

Place the joint on an upturned saucer on heatproof dish. Joints are best cooked by microwave only and then browned and crisped by a final Combination stage. Follow the guidelines on pages 22-30. **DO NOT** cover.



Cooking small cuts of meat by Grill or Combination

Place food on grill accessory. Place grill accessory on turntable. Use heatproof dish to catch fat/drips.

For larger pieces or pieces of meat that will not fit without touching the roof, place in a heatproof dish on turntable. The grilling action will still brown the food, but may take slightly longer.



Ingredients

50g (2oz) creamed coconut
45ml (3tbsp) crunchy peanut butter
45ml (3tbsp) lemon juice
30ml (2tbsp) soy sauce
large pinch of chilli powder
2 chicken breast fillets, skinned
15ml (1tbsp) vegetable oil
1 garlic clove, crushed
3ml (½tsp) ground turmeric
3ml (½tsp) five-spice powder
3ml (½tsp) coriander seeds
3ml (½tsp) cumin seeds

Ingredients

2 chicken leg quarters, skinned
Marinade:
1 garlic clove, crushed
15g (½oz) fresh root ginger, grated
5ml (1tsp) ground coriander
3ml (½tsp) ground cumin
3ml (½tsp) ground cinnamon
3ml (½tsp) turmeric
3ml (½tsp) salt
2ml (½tsp) black pepper
75ml (¾pt) natural yoghurt
juice of 1 lemon

Ingredients

225g (8oz) pork fillet
Sweet & Sour Sauce:
15ml (1tbsp) oil
1 small carrot cut into matchsticks
1 spring onion, thinly sliced
small green pepper, cut into strips
225g (8oz) can pineapple chunks,
drained (reserve juice)
10ml (2tsp) soft brown sugar
5ml (1tsp) cornflour
pinch garlic salt
5ml (1tsp) cider vinegar
10ml (2tsp) soy sauce
5ml (1tsp) tomato ketchup

Chicken Satay

Serves: 2

Dish: 4 wooden skewers +
grill accessory

Calories Total: 978 kcals
Serving: 489 kcals

Oven Accessory: glass turntable

1. For the serving sauce: Crumble 25g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 150ml (¾pt) water. Cook on HIGH power for 4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2–3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place on grill accessory and cook on **Combination 1** for 10–15 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Tandoori Chicken

Serves: 2

Dish: grill accessory

Calories Total: 406 kcals

Oven Accessory: glass turntable

Serving: 203 kcals

1. Cut three slits in each piece of chicken, then place in a bowl. Mix all the remaining marinade ingredients and pour over the chicken. Cover and refrigerate for 12 hours.
2. Place chicken joints on the grill accessory. (Please check that there is a gap of at least 2cm between the chicken and the oven roof.) Cook on **Combination 1** for 20–25 mins. or until the chicken is cooked through. Turn halfway during cooking and baste with remaining marinade. Serve with boiled rice.

NB. If there is insufficient gap between the chicken and the grill, place chicken in a heatproof dish on the turntable. It may be necessary to extend the cooking time slightly.

Pork with Sweet & Sour Sauce

Serves: 2

Dish: small casserole

Calories Total: 722 kcals

Oven Accessory: glass turntable

Serving: 361 kcals

1. Place pork in dish, cover and cook on MEDIUM power for 7 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 1½ mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1–2 mins. on HIGH power or until piping hot.

Ingredients

- 1 small onion, diced
- 1 clove garlic, crushed
- 5ml (1tsp) oil
- 200g (7oz) can chopped tomatoes
- 15ml (1tbsp) tomato puree
- 5ml (1tsp) mixed herbs
- 225g (½lb) mince
- salt and pepper

Ingredients

- 1 quantity of Savoury Mince (see above)
- 1 quantity of White Pouring Sauce (see page 43)
- 100g (4oz) grated cheese
- 5ml (1tsp) mustard
- salt and pepper
- 6 sheets pre-cooked lasagne (or sufficient for 2 layers)
- 30ml (2tbsp) Parmesan cheese

Ingredients

- 1 small onion, finely chopped
- 15g (½oz) butter
- 225g (8oz) lean minced beef
- 3ml (½tsp) paprika
- 15ml (1tbsp) tomato ketchup
- 1 egg, yolk
- 15ml (1tbsp) chutney
- pinch mixed dried herbs
- 70g pkt dry mushroom soup mix
- 50g (2oz) packaged breadcrumbs

Ingredients

- 4 pork spare ribs
- 150ml (½pt) water
- 100g (4oz) can crushed pineapple
- 75ml (⅓pt) HP Fruity Sauce
- 15ml (1tbsp) brown sugar
- 30ml (2tbsp) soy sauce
- 5ml (1tsp) fresh grated ginger

Savoury Mince

Serves: 2

Dish: 1.5 litre (3pt) casserole dish **Calories Total:** 606 kcals
Oven Accessory: glass turntable **Serving:** 303 kcals

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 5 mins. then MEDIUM power for 10–15 mins or until the meat is tender and piping hot.

Variation:

Chilli Con Carne

Calories: 718 kcals

Serving: 359 kcals

Add 200g (7oz) can red kidney beans drained, 10ml (2tsp) chilli powder, ½ diced green pepper to the ingredients above.

Lasagne

Serves: 2

Dish: 20cm (8") square dish **Calories Total:** 1574 kcals
Oven Accessory: glass turntable **Serving:** 787 kcals

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination 3** for 15–20 mins. or until the pasta is tender and brown and crisp on top.

Beef & Mushroom Burgers

Serves: 2

Dish: grill accessory **Calories Total:** 882 kcals
Oven Accessory: glass turntable **Serving:** 441 kcals

1. Place onion and butter in a bowl, cover and cook on HIGH power for 3 mins. or until soft.
2. Stir in mince, paprika, tomato ketchup, egg, chutney, herbs, half soup mix and breadcrumbs. Shape into 4 patties.
3. Coat the patties with the remaining soup mix and place on grill accessory. Cook on **Combination 1** for 10–12 mins. or until burgers are cooked in centre. Turn once during cooking.

Hawaiian Ribs

Serves: 2

Dish: 20cm (8") round dish + grill accessory **Calories Total:** 2972 kcals
Oven Accessory: glass turntable **Serving:** 1486 kcals

1. Place the ribs in a single layer in dish with the water, cover and cook on HIGH power for 10–15 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on grill accessory and cook on **Combination 1** for 15–20 mins. or until cooked and crispy. Baste with extra sauce if required. Turn occasionally.

Eggs, Cheese & Snacks

PIERCING

Always pierce egg yolk and white to stop them exploding when poaching or frying in a microwave.

BOILED EGGS IN SHELLS

Never attempt to cook a boiled egg by microwave. They can explode dangerously.

QUICHES

Always cook quiches on **SIMMER** power to avoid curdling the egg filling.

Ingredients

1 small onion, sliced
15ml (1tbsp) cooking oil
½ small French stick
30ml (2tbsp) Dolmio sauce or Passata
75g (3oz) Mozzarella cheese, grated

Ingredients

225g (8oz) leeks, thinly sliced
225g (8oz) potatoes, thinly sliced
75g (3oz) blue cheese
100g (4oz) Greek yoghurt
45ml (3tbsp) double cream
25g (1oz) brown breadcrumbs
salt and pepper

Ingredients

2 slices bread, buttered
5ml (1tsp) Dijon mustard
1 slice smoked ham
50g (2oz) sliced cheese

Ingredients

3 medium potatoes
15ml (1tbsp) butter
50g (2oz) ham, chopped
75g (3oz) cheese, grated

French Bread Pizza

Serves: 2

Dish: grill accessory

Calories Total: 1072 kcals

Oven Accessory: glass turntable

Serving: 536 kcals

1. Cook the onion with the oil, covered, on **HIGH** power for 3-4 mins or until softened.
2. Cut bread in half lengthways. Place on grill accessory and cook on **GRILL 1** for 1-2 mins. Spread with the Dolmio sauce. Top with the onion and then cheese.
3. Place back on grill accessory and cook on **Combination 1** for 3-4 mins. or until browning and hot.

Leek and Potato Gratin

Serves: 2

Dish: 20cm (8") flan dish

Calories Total: 1028 kcals

Oven Accessory: glass turntable
+ grill accessory

Serving: 514 kcals

1. Place the vegetables in a large bowl. Add 90ml (6tbsp) of water, cover and cook on **HIGH** power for 5-6 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.
4. Sprinkle with breadcrumbs. Place on grill accessory and cook on **Combination 3** for 5-6 mins. or until golden brown.

Croque Monsieur

Serves: 2

Dish: grill accessory

Calories Total: 726 kcals

Oven Accessory: glass turntable

Serving: 363 kcals

1. Place the bread, buttered side up on grill accessory and cook on **GRILL 1** for approximately 3-4 mins. or until browning.
2. On 1 slice of the bread, spread the untoasted side with mustard and top with ham and cheese. Cover with the other slice, browned side uppermost.
3. Place back on the grill accessory and cook on **Combination 1** for 1-2 mins. or until the cheese has melted.

Stuffed Jackets

Serves: 2

Dish: 23cm (9") heatproof round shallow dish

Calories Total: 1212 kcals

Oven Accessory: glass turntable

Serving: 606 kcals

1. Wash and pierce potatoes, place on turntable and cook on **Auto Jacket Potatoes**.
2. Stand for 5 mins. then cut in half lengthways and scoop out centre. Place skins on heatproof dish on turntable and cook on **GRILL 1** for 6 mins. approx. to dry out.
3. Mash the potato centres with butter, add ham and 50g (2oz) of the cheese. Pile filling back into the skins, top with remaining cheese and cook on **Combination 1** for approx. 8-10 mins. or until hot and browning.

Cereals, Pasta, Rice & Beans

Ingredients

100g (4oz) quick cook macaroni
225g (8oz) courgettes, sliced
100g (4oz) bacon, chopped
50g (2oz) butter
50g (2oz) plain flour
600ml (1pt) milk
5ml (1tsp) mustard
100g (4oz) cheese, grated
salt and pepper

Topping

30ml (2tbsp) Parmesan cheese
30ml (2tbsp) wholemeal breadcrumbs

Macaroni Cheese with Courgettes and Bacon

Serves: 2

Dish: 20cm (8") casserole

Calories Total: 2229 kcaIs

Oven Accessory: glass turntable

Serving: 1114 kcaIs

1. Cook macaroni in 450ml (¾pt) boiling water on HIGH power for 6-8 mins. or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3-4 mins. or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 30-40 secs. Stir in the flour and cook for 30 secs. on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4-5 mins. or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Pour into a casserole dish, sprinkle over the topping and cook on **Combination 2** for 8-10 mins. or until browned and piping hot.

Ingredients

1 aubergine, sliced
salt
175g (6oz) tagliatelle, fresh
1 small onion
1 clove garlic crushed
15ml (1tbsp) olive oil
175g (6oz) tin of chopped tomatoes
3ml (½tsp) basil
10ml (2tsp) tomato puree
15g (½oz) butter
salt and pepper
2-3 black olives, stoned
50g (2oz) mozzarella, diced
30ml (2tbsp) parmesan cheese, grated

Tagliatelle Toscana

Serves: 2

Dish: deep casserole dish

Calories Total: 696 kcaIs

Oven Accessory: glass turntable

Serving: 348 kcaIs

1. Sprinkle the aubergine with salt and leave for 20 mins. then rinse and dry.
2. Cook the pasta in 600ml (1pt) boiling water, covered, on HIGH power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on HIGH power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella and parmesan cheese, cover and cook on HIGH power for 6 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination 2** for 6-8 mins or until golden brown and piping hot.

Ingredients

15ml (1tbsp) olive oil
1 small onion, chopped
5ml (1tsp) grated root ginger
2 cloves garlic, crushed
5ml (1tsp) chilli powder
100g (4oz) red lentils
1 vegetable stock cube
600ml (1pt) water
3ml (½tsp) turmeric
5ml (1tsp) coriander
3ml (½tsp) cumin
25g (1oz) creamed coconut

Lentil Dhal

Serves: 2

Dish: large pyrex bowl

Calories Total: 171 kcaIs

Oven Accessory: glass turntable

Serving: 85 kcaIs

1. Place the oil, onion, ginger and garlic in a large pyrex bowl. Cover and cook on HIGH power for 2-3 mins. or until soft.
2. Add all the remaining ingredients, cover and cook on HIGH power for 5 mins. then reduce to MEDIUM power for 15 mins. or until the lentils are soft and a thick puree has been formed. Stir during cooking.

Ingredients

100g (4oz) mixed dried pasta
i.e. tagliatelle, twists, shells
½ litre (¾pt) boiling water
15ml (1tbsp) oil
3ml (½tsp) salt
25g (1oz) butter
50g (2oz) mushrooms, peeled and
sliced
100g (4oz) can tuna, drained
Sauce:
40g (1½oz) butter
40g (1½oz) flour
600ml (1pt) milk
Salt & pepper
25g (1oz) cheese, grated
25g (1oz) breadcrumbs

Ingredients

25g (1oz) butter or margarine
1 onion, finely chopped
175g (6oz) easycook long grain
brown rice
300ml (½pt) hot chicken stock
2 sticks celery, sliced
1 small red pepper, seeded and
chopped
50g (2oz) small button mushrooms,
halved
50g (2oz) frozen peas
salt and pepper
50g (2oz) cooked chicken, diced
50g (2oz) garlic sausage, chopped
45ml (3tbsp) fresh chopped parsley
30ml (2tbsp) Parmesan cheese, grated

Ingredients

225g (8oz) cauliflower, divided into
florets
2 carrots, peeled and sliced
1 parsnip, peeled and sliced
225g (8oz) cumberland sausages
1 small onion, chopped
15ml (1tbsp) sunflower oil
15ml (1tbsp) curry paste
200g (7oz) can mixed spcly beans

Tuna Pasta

Serves: 2

Dish: 3 litre (6pt) casserole dish **Calories Total:** 1204 kcals
Oven Accessory: glass turntable **Serving:** 602 kcals

1. Cook pasta in water with oil and salt covered on HIGH power for 10-12 mins. or until soft. Leave to stand for 2-3 mins. Drain.
2. Melt butter in small dish on HIGH power for approx. 45 secs. Add mushrooms and cook on HIGH power for 2-3 mins. or until soft.
3. To make sauce, melt butter on HIGH power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on HIGH power for 3-4 mins. or until smooth and glossy. Stir halfway through cooking. Season to taste.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Sprinkle with cheese and breadcrumbs and cook on **Combination 1** for 10-12 mins. or until golden brown.

Chicken Risotto

Serves: 2

Dish: 3 litre (6pt) casserole **Calories Total:** 1064 kcals
Oven Accessory: glass turntable **Serving:** 532 kcals

1. Place the butter and onion in a dish. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
2. Add the rice, cover and cook on HIGH power for 1 min.
3. Add the stock and cook on HIGH power for 5 mins, then MEDIUM power for 15 mins. or until the rice is cooked. Stir halfway during cooking.
4. Stir in the celery. Cover and cook on HIGH power for 2 mins.
5. Add the red pepper, mushrooms and peas. Cover and cook on HIGH power for 5 mins. or until the vegetables are tender.
6. Toss the rice mixture with a fork to separate the grains and stir in the chicken, garlic sausage, parsley and cheese. Reheat on HIGH power for 2 mins. or until hot.

Spicy Sausage and Bean casserole

Serves: 2

Dish: large pyrex bowl **Calories Total:** 1030 kcals
Oven Accessory: glass turntable **Serving:** 515 kcals
and grill accessory

1. Prepare the vegetables.
2. Grill the sausages on GRILL 1 for 10 mins. or until browned, and cut into 5cm (2") chunks.
3. Place the onion in a large pyrex bowl with the sunflower oil and cook covered on HIGH power for 3 mins or until soft.
4. Stir in the curry paste, add the vegetables, sliced sausage and beans plus 75ml (3fl.oz) boiling water. Cook on HIGH power for 5 mins then MEDIUM power for 10-15 mins. or until the vegetables are soft and the curry is piping hot.

Vegetables and Vegetarian



- Root vegetables, i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90ml (6tbsp) of water. For each extra 450g (1lb) add an extra 90ml (6tbsp) of water and stir halfway.



- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90ml (6tbsp) water.

Jacket Potatoes

Before Cooking

Wash potatoes and prick skins several times.



Spread around edge of turntable.

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave or **Combination** (Auto Jacket Potato) is 175g-225g (6-8oz). Microwaving jacket potatoes is quicker than **Combination**, but will produce a soft result. **Combination** cooking will produce a drier, crisper texture. If you wish to further enhance the browning at the end of cooking, use GRILL 1.

After Cooking

Remove from oven and wrap in tin foil to retain the heat.



Leave to stand for 5 mins.

Ingredients

1 clove of garlic, halved
450g (1lb) potatoes, sliced very thinly
pepper and salt
pinch nutmeg
150ml (¼pt) double cream
15g (½oz) butter

Gratin Dauphinois

Serves: 2

Dish: 20cm (8") shallow dish **Calories Total:** 1446 kcals
Oven Accessory: glass turntable **Serving:** 723 kcals

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on **Combination 2** for 20–25 mins. or until cooked and browned.

Variation:

Layer one 50g (2oz) tin of anchovies with the potatoes during stage 2 of recipe. Continue recipe as above.

Ingredients

300g (12oz) peeled potatoes
15ml (1tbsp) vegetable oil

Roast Potatoes

Serves: 2

Dish: shallow Pyrex dish **Calories Total:** 306 kcals
Oven Accessory: glass turntable +
grill accessory **Serving:** 153 kcals

1. Cut potatoes into even sized pieces. Place in dish and brush with oil.
2. Place dish on grill accessory and cook on **Combination 2** for 20–25 mins. or until cooked and crispy, turning occasionally.

CAUTION: Please check that there is a gap of at least 2cm (¾") between the potatoes and the oven roof.

Ingredients

3 courgettes
25g (1oz) butter
225g (8oz) small well flavoured
tomatoes, quartered
15ml (1tbsp) freshly chopped basil
salt and pepper

Courgettes with Fresh Tomato and Basil

Serves: 2

Dish: large casserole **Calories Total:** 253 kcals
Oven Accessory: glass turntable **Serving:** 126 kcals

1. Halve courgettes lengthways. Cut into 2cm (¾") slices. Place in a large casserole with the butter, cover and cook on HIGH power for 4 mins. or until softened.
2. Add the tomatoes, continue cooking on HIGH power for a further 3 mins. or until the vegetables are cooked.
3. Stir in the basil and season to taste.

Ingredients

1 onion, chopped
1 large potato, diced
10ml (2tsp) grated ginger root
2 cloves garlic
15ml (1tbsp) olive oil
350g (12oz) mushrooms, sliced
4 ripe tomatoes, skinned and chopped
5ml (1tsp) turmeric
10ml (2tsp) madras curry powder
10ml (2tsp) natural yoghurt
seasoning

Mushroom Curry

Serves: 2

Dish: large pyrex bowl **Calories Total:** 312 kcals
Oven Accessory: glass turntable **Serving:** 156 kcals

1. In a bowl place the onion, potatoes, ginger, garlic and oil. Cover and cook on HIGH power for 2–3 mins. or until softened.
2. Add the remaining ingredients, stir well, cover and cook on HIGH power for 12 mins. or until piping hot and the potato is cooked.

Ingredients

50g (2oz) green lentils
10ml (2tsp) oil
1 small onion, sliced
3ml (½tsp) grated root ginger
1 garlic clove, crushed
3ml (½tsp) turmeric
3ml (½tsp) chilli powder
5ml (1tsp) curry powder
150ml (¼pt) natural yoghurt
50g (2oz) mushrooms, sliced
1 tomato, peeled and chopped
150ml (¼pt) hot water
25g (1oz) cashew nuts
225g (8oz) cooked basmati rice

Garnish:

hard boiled egg slices and
coriander leaves

Ingredients

1 medium aubergine, diced
salt
15ml (1tbsp) oil
1 clove of garlic, chopped
pinch cayenne pepper
5ml (1tsp) ground coriander
3ml (½tsp) ground cumin
3ml (½tsp) turmeric
2.5cm (1") root ginger, peeled & sliced
½ small cauliflower, divided into florets
1 medium potato, diced
50g (2oz) green beans, sliced
½ fresh chilli, deseeded and sliced
150ml (¼pt) vegetable stock
200g (7oz) can chopped tomatoes
50g (2oz) cashew nuts

Ingredients

1 cauliflower, trimmed
90ml (6tbsp) water
25g (1oz) butter
25g (1oz) flour
3ml (½tsp) French mustard
300ml (¼pt) milk
seasoning to taste
Topping:
75g (3oz) grated red cheese
15ml (1tbsp) brown breadcrumbs

Lentil Biryani

Serves: 2

Dish: large casserole

Calories Total: 680 kcals

Oven Accessory: glass turntable

Serving: 340 kcals

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomato, water and lentils. Cover and cook on HIGH power for 15-20 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary. Garnish and serve.

Vegetable Curry

Serves: 2

Dish: 3 litre (6pt) casserole

Calories Total: 652 kcals

Oven Accessory: glass turntable

Serving: 326 kcals

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine oil, garlic, and spices in casserole, cover and cook on HIGH power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 5 mins. then SIMMER power for 20-30 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

N.B. This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

Cauliflower Cheese

Serves: 2

Dish: large bowl + casserole

Calories Total: 904 kcals

Oven Accessory: glass turntable

Serving: 452 kcals

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on MEDIUM power for 10 mins. or until tender. Drain.
2. Melt butter on HIGH power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination 1** for 8-10 mins. or until golden brown

Sauces

Guidelines

CONTAINER SIZE

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

COVERING

DO NOT cover sauces when cooking.

STIRRING - IMPORTANT

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

REHEATING

Sauces can be made in advance and reheated by microwave. Reheat on HIGH power and stir halfway.

POWER LEVEL

Most sauces require HIGH Power for cooking. Sauces containing eggs should be cooked on SIMMER power.

WOODEN SPOONS

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. NEVER LEAVE metal spoons in the sauce.

Ingredients

30g (1oz) butter
30g (1oz) flour
600ml (1pt) milk

Variations of White Sauce

Mushroom
Calorie Total: 376 kcals

Mustard
Calorie Total: 359 kcals

Parsley
Calorie Total: 360 kcals

Onion
Calorie Total: 376 kcals

Ingredients

30ml (2tbsp) custard powder
15ml (1tbsp) sugar
600ml (1pt) cold milk

Ingredients

meat or poultry dripping with sediment
30ml (2tbsp) flour
300ml (½pt) stock
salt and pepper

White Pouring Sauce

Dish: 1 litre (2pt) jug

Calories Total: 718 kcals

Oven Accessory: glass turntable

1. Melt butter in jug on HIGH power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins. on HIGH power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

Stir 50g (2oz) mushrooms sliced thinly and 15ml (1tbsp) tomato puree into sauce halfway through cooking time.

Stir 15ml (1tbsp) French mustard into sauce halfway through cooking time.

Stir 60ml (4tbsp) chopped parsley and 15ml (1tbsp) lemon juice into sauce halfway through cooking time.

Cook 1 small onion in the butter for 30 secs. on HIGH power before adding the flour and milk.

Custard

Dish: 1 litre (2pt) jug

Calories Total: 520 kcals

Oven Accessory: glass turntable

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

Gravy

Dish: 1 litre (2pt) jug

Calories Total: 262 kcals

Oven Accessory: glass turntable

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on HIGH power for 2-3 mins. stirring halfway through. Season and serve.

Desserts

Ingredients

butter for greasing
225ml (8fl.oz) evaporated milk
350ml (12fl.oz) water
50g (2oz) short grain rice
25g (1oz) caster sugar

Creamy Rice Pudding

Serves: 2

Dish: large bowl

Calories Total: 672 kcals

Oven Accessory: glass turntable

Serving: 336 kcals

1. Butter the bowl. Mix the milk and water together. Pour into the bowl and stir in the rice and sugar.
2. Cook on HIGH power for 5-6 mins. or until the liquid is boiling.
3. Immediately reduce to SIMMER power and cook for 25-30 mins. or until starting to thicken. Stir with a fork to break up any lumps after every 10 mins. and at the end of the cooking time.
4. Leave to stand for 5 mins. to thicken further before serving.

Ingredients

15ml (1tbsp) golden syrup
2 pineapple slices, drained
2 glacé cherries
50g (2oz) margarine
50g (2oz) caster sugar
1 egg
50g (2oz) self raising flour
15ml (1tbsp) milk

Pineapple Upside Down Puddings

Serves: 2

Dish: 2 ramekin dishes,
base lined

Calories Total: 946 kcals

Serving: 473 kcals

Oven Accessory: glass turntable

1. Put $\frac{1}{2}$ tbsp golden syrup in the base of each ramekin, arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 3 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

Ingredients

175g (6oz) shortcrust pastry
45ml (3tbsp) jam
100g (4oz) butter
100g (4oz) sugar
2 eggs
2 drops almond essence
100g (4oz) self-raising flour
25g (1oz) ground almonds
25g (1oz) flaked almonds

Bakewell Tart

Dish: 23cm (9") flan dish

Calories Total: 2845 kcals

Oven Accessory: glass turntable

1. Roll out pastry to line dish. Rest for 10 mins. Cook on HIGH power for 3-4 mins. or until beginning to dry. Spread with jam.
2. Cream butter and sugar. Gradually beat in eggs, essence and fold in flour and almonds. Spread over the jam and sprinkle with almonds.
3. Cook on **Combination 2** for 9-10 mins. or until just cooked. Stand for 5 mins. before serving.

Ingredients

25g (1oz) butter
75g (3oz) ginger biscuits crushed

Filling:

75g (3oz) cream cheese
75g (3oz) cottage cheese
25g (1oz) caster sugar
15ml (1tbsp) cornflour
½ lemon, grated rind of
75ml (5tbsp) soured cream
1 egg, separated
25g (1oz) sultanas

Ingredients

2 slices of bread, buttered
50g (2oz) mixed fruit
75ml (2½ fl.oz) milk
30ml (2tbsp) double cream
25g (1oz) sugar
1 egg
ground nutmeg

Ingredients

350g (12oz) cooking apples, peeled,
cored and sliced
50g (2oz) demerara sugar
50g (2oz) margarine
75g (3oz) plain wholemeal flour
3ml (½tsp) cinnamon

Ingredients

75g (3oz) self raising flour
3ml (½tsp) baking powder
3ml (½tsp) mixed spice
25g (1oz) butter
1 egg
30ml (2tbsp) treacle
60ml (2fl.oz) stout
15ml (1tbsp) rum or brandy
200g (7oz) mincemeat
25g (1oz) apple grated
75g (3oz) currants
25g (1oz) chopped nuts

Baked Lemon Cheesecake

Dish: 17cm (7") ceramic flan
dish, greased

Calories Total: 756 kcals

Oven Accessory: glass turntable

1. Melt butter on HIGH power for 1 min. or until melted. Stir in biscuits press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth. add sugar, cornflour, lemon rind, soured cream and egg yolk.
3. Whisk egg white until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on **Combination 1** for 7-8 mins. or until the filling has set and lightly browned. Chill before serving.

Bread and Butter Puddings

Serves: 2

Dish: 2 ramekins

Calories Total: 936 kcals

Oven Accessory: glass turntable

Serving: 468 kcals

1. Cut each slice of bread into 4 squares and place one square in the base of each ramekin.
2. Layer remaining bread and fruit alternately; finishing with a layer of bread.
3. Mix together the milk, cream, sugar and egg thoroughly then pour into each ramekin. Sprinkle with nutmeg.
4. Cook on **Combination 2** for 5-6 mins. or until browned and set.

Apple Crumble

Serves: 2

Dish: 15cm (6") shallow casserole

Calories Total: 966 kcals

Oven Accessory: glass turntable

Serving: 483 kcals

1. Place apple slices in dish, sprinkle with 25g (1oz) of the sugar. Cover and cook on HIGH power for 2 mins. or until the apples begin to just soften.
2. Rub the margarine into the flour and cinnamon until mixture resembles fine breadcrumbs. Stir in remaining sugar.
3. Sprinkle the crumble over the apples to completely cover the fruit.
4. Cook on **Combination 1** for 8-9 mins. or until golden brown and crisp.

Christmas Puddings

Dish: 4 ramekins, base lined

Calories Total: 1460 kcals

Oven Accessory: glass turntable

Serving: 365 kcals

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 4-5 mins. or until cooked.

Cakes

Guidelines

DISH SHAPE

Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

KEEPING QUALITY

Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

CONSISTENCY

Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30ml (1-2tbsp) of milk or water to the mixture.

COVERING

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes cooked by microwave.

DISH SIZE

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

MIXING/BEATING

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

EGGS

The following recipes have been tested using SIZE 3 eggs. Using a different size of egg may affect cooking times.

Ingredients

100g (4oz) self raising flour
100g (4oz) soft margarine
100g (4oz) caster sugar
2 eggs
30ml (2tbsp) milk

Sponge Cake

Dish: 18cm (7") soufflé dish, **Calories Total:** 1659 kJals
base lined with greaseproof paper

Oven Accessory: glass turntable

1. Combine all ingredients together in a large bowl. Mix well until smooth. Tip into prepared dish and smooth the top.
2. Cook on **Combination 2** for 7-8 mins. Cool for 10 mins. before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

Ingredients

1 large banana
3ml (½tsp) vanilla flavouring
75g (3oz) margarine/butter
100g (4oz) granulated sugar
150g (5oz) self raising flour
3ml (½tsp) salt
2ml (¼tsp) bicarbonate of soda
2 eggs
50g (2oz) chocolate chips

Decoration (optional):

100g (4oz) plain chocolate

Banana and Chocolate Cake

Dish: 23cm (9") ring mould lined **Calories Total:** 2007 kJals

Oven Accessory: glass turntable

1. Line a 23cm (9") pyrex ring mould with greaseproof paper.
2. Peel the banana and mash until smooth with the vanilla flavouring.
3. Place the fat and sugar in a bowl and melt on **HIGH** power for 1 min. or until soft.
4. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana. Stir in the chocolate chips.
5. Spoon into the prepared ring mould and cook on **MEDIUM** power for 5-6 mins. or until cooked.
6. Decorate with melted chocolate if desired.

Ingredients

100g (4oz) plain flour
5ml (1tsp) bicarbonate of soda
5ml (1tsp) baking powder
5ml (1tsp) cinnamon
5ml (1tsp) nutmeg
100g (4oz) caster sugar
90ml (3fl.oz) vegetable oil
2 eggs, beaten
150g (5oz) carrots, grated
50g (2oz) sultanas

Cream cheese topping:

25g (1oz) butter
50g (2oz) cream cheese
100g (4oz) icing sugar

Ingredients

100g (4oz) plain chocolate
100g (4oz) butter
100g (4oz) soft dark brown sugar
100g (4oz) self-raising flour
10ml (2tsp) cocoa powder
pinch salt
2 eggs, beaten
3ml (½tsp) vanilla essence
100g (4oz) walnuts, chopped

Ingredients

Shortbread:

100g (4oz) margarine
50g (2oz) caster sugar
175g (6oz) plain flour

Caramel:

100g (4oz) soft margarine
75g (3oz) caster sugar
30ml (2tbsp) golden syrup
175g (6oz) condensed milk

Topping:

100g (4oz) plain chocolate, broken
into pieces

Ingredients

75g (3oz) butter or margarine
30ml (2tbsp) golden syrup
75g (3oz) light brown sugar
150g (5oz) porridge oats
50g (2oz) raisins

Carrot Cake

Dish: 23cm (9") ring mould,
Oven Accessory: glass turntable

Calories Total: 2289 kJals

1. Stir the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the sugar and make a well in the centre.
3. Add the oil and beaten egg. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake dish and cook on MEDIUM power for 6-7 mins. or until cooked.
4. Cream butter and cheese until smooth. Stir in the icing sugar. Decorate when cake is cold.

Boston Brownies

Dish: 20cm (8") square dish
lined with greaseproof

Calories Total: 2730 kJals

Oven Accessory: glass turntable

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on **Combination 3** for 6-8 mins. or until just lightly browned. Allow to cool and then cut into squares.

Millionaire's Shortbread

Dish: 20cm (8") square dish,
lined with greaseproof paper

Calories Total: 3801 kJals

1. Cream together the margarine and sugar and mix in the flour. Bring together to form a dough.
2. Press dough into the prepared dish, prick well and cook on HIGH power for 2-3 mins or until dry. Cool in dish.
3. Combine the caramel ingredients in a large bowl and heat on HIGH power for 5-7 mins. stirring every minute. Take care as mixture is VERY hot. The caramel should have a rich golden colour.
4. Pour the caramel over the cool shortbread. Leave to set.
5. Melt the chocolate on MEDIUM power for 1-2 mins. and pour over the set caramel. Cool in the fridge. When the chocolate has set, remove from the dish and with a very sharp knife, divide the shortbread into 10-12 pieces.

Chewy Flapjacks

Dish: 20cm (8") round dish
Oven Accessory: glass turntable

Calories Total: 1697 kJals

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on **Combination 3** for 4-5 mins or until firm. Allow to cool slightly then cut into pieces.

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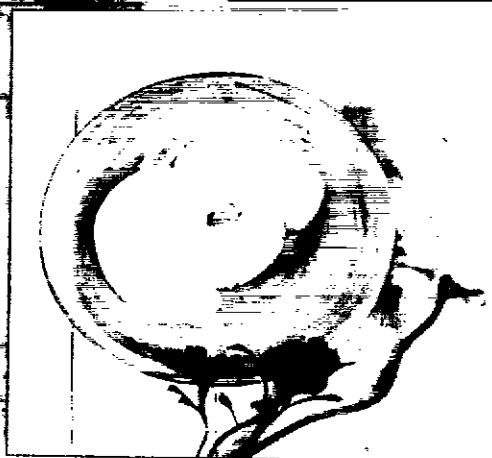
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Technical Specification

Power Source	230-240V 50 Hz
Power Consumption	Microwave: 1,250W Maximum: 1,250W Grill: 1,140W
Output	Microwave: 800W (IEC-705) Grill: 1,100W
Outer Dimensions	297mm (H) x 458mm (W) x 315mm (D)
Oven Cavity Dimensions	207mm (H) x 282mm (W) x 282mm (D)
Operating Frequency	2,450MHz
Weight	15kg

Weight and Dimensions shown are approximate.
This oven is type B(VDE) appliance.

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E00037552 BP
M 0995-1
Printed in the U.K.